

“Before the pandemic, an estimated 4.5 million Canadians experienced food insecurity ...In the first two months of the global outbreak, the CFCC said that number had grown by 39 per cent... Black Canadians are almost twice as likely to be food insecure as white Canadians...“We’re not going to solve this problem with food charity,”” **One in seven Canadians experiencing food insecurity during the pandemic: report** by - Jackie Dunham READ: <https://www.ctvnews.ca/canada/one-in-seven-canadians-experiencing-food-insecurity-during-the-pandemic-report-1.5126247>

More than half of all food produced in Canada is lost or wasted, report says “A whopping 58 per cent of all food produced in Canada — 35.5 million tonnes — is lost or waste...and about a third of that wasted food could be “rescued” and sent to communities in need across the country... Included among the numerous causes are: Consumers buying food at the grocery store, particularly when there’s a sale, and throwing the surplus away. Consumers and retailers throwing out food near or past its best-before date, despite the fact product dating practices “have no correlation to food safety” and the food can often still be eaten or donated. Produce being left to rot in the field due to labour shortages, or low prices creating an environment in which it is no longer worth it for farmers to harvest. Thousands of acres of produce being “plowed under” due to cancelled orders. Fish being caught and tossed back into the water to die if they don’t match a quota.” - Andrea Janus, CBC News
READ: <https://www.cbc.ca/news/canada/toronto/food-waste-report-second-harvest-1.4981728>

“Consumers need to become aware of the unsustainable practices that result from the demand created by their everyday habits.” **Insistence on Cosmetically Perfect Fruits & Vegetables: Open Case Study** - Eric Nance, Anique Vadnais, Claire Hicks, and Thomas Lawson, UBC
READ: <https://cases.open.ubc.ca/insistence-on-cosmetically-perfect-fruits-vegetables/>

What’s the worst apartment you’ve ever had? - Acorn Canada
WATCH: https://youtu.be/j4MymFvI_Ww

The Living Wage ranges from \$14.54 – \$23.95 in Canadian Cities but minimum wage ranges from \$11.65 - \$15. - **You Need to Make At Least \$14 An Hour to Live in Canada & In Most Cities It’s Even Worse** - Lisa Belmonte, NarCity, READ: <https://www.narcity.com/living-wage-in-canada-differs-between-provinces-but-its-pretty-bad-all-around>

In Canada, housing is considered “affordable” if it costs less than 30% of a household’s before-tax income (1).

One-third of Ontario’s renters have incomes under \$30,000 (2) 0% of rental housing is affordable to a full-time minimum wage worker in Barrie, Guelph, Kitchener, Ottawa, Thunder Bay, Peterborough (3). In Toronto, Minimum wage earners would need to spend 70% of their income to afford the average asking rent of a one-bedroom apartment. (4)
SOURCES: 1 - <https://www.cmhc-schl.gc.ca/en/developing-and-renovating/develop-new-affordable-housing/programs-and-information/about-affordable-housing-in-canada> 2 - Wellesley Institute: https://www.wellesleyinstitute.com/wp-content/uploads/2018/05/A_Shared_Housing_Agenda_for_Ontario.pdf 3 - “Unaccommodating.” Report from the Canadian Centre for Policy Alternatives, 2019. <https://www.policyalternatives.ca/unaccommodating> 4 - https://acorncanada.org/sites/default/files/ACORN%20Affordable%20Housing%20Definition%20Report%20July%202018_1.pdf

In Toronto, 70-75% of residential areas are zoned for only single family houses, limiting the number of people who can reside there(1) Estimates state that the construction of one duplex per 10,000 square meters in each neighbourhood zoned solely for single detached dwellings would allow for the housing of nearly 45,000 people (2) Purpose-built rental apartments have made up just 9% of all units built in Ontario over the last 30 years, with a significant amount being luxury rentals (3) In 2018, the rental vacancy rate in Ontario was 1.8%, with Kingston and Toronto recording the lowest rates at 0.6% and 1.1% respectively (4)...In cities across the province, developers are predominantly building non-rental condos for an immediate return on their investment because this is more profitable than purpose built-rentals... The Ontario government ended funding for co-op developments in 1995. It has been a decade since a full housing co-op development was built in the province (4). The wait list to access the minimal co-op housing that exists is over a decade long. In 2016, 171,360 households across the province were on a waitlist for social and affordable rental housing” (5)

SOURCES: 1 - https://www.thestar.com/business/real_estate/2019/03/16/why-its-so-hard-to-get-housing-into-torontos-yellowbelt-neighbourhoods-and-how-experts-say-it-can-be-done.html , 2 - <https://www.cmhc-schl.gc.ca/en/media-newsroom/news-releases/2018/national-vacancy-rate-down-for-second-year> , 3 - Federation of Rental Housing Providers of Ontario, 4 - https://www.thestar.com/business/real_estate/2019/03/16/why-its-so-hard-to-get-housing-into-torontos-yellowbelt-neighbourhoods-and-how-experts-say-it-can-be-done.html , 4 – Made in Ontario Housing Crisis, Canadian Centre for Policy Alternatives, 5 - “Waiting List Survey Report,” Ontario Non-Profit Housing Association. http://onpha.on.ca/Content/Advocacy_and_research/Research/2016_Waiting_Lists_Survey.aspx

Meet the Canadian doctor who prescribes money to low-income patients by Sigal Samuel WATCH: <https://youtu.be/FLRT0bvaz98>

The Ontario Disability Support Benefit allows a maximum of \$497 for housing and \$672 for the living expenses of a single recipient. When recipients take on limited work to help make ends meet, their benefit is punitively clawed by 50 cents for every dollar earned (over the first \$200).

SOURCES: <https://www.savvynewcanadians.com/odsp-benefit-payment-dates/> & https://www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/info_sheets/employment_supports.aspx

“When a person lives in poverty, a [growing body](#) of research suggests the limbic system is constantly sending fear and stress messages to the prefrontal cortex, which overloads its ability to solve problems, set goals, and complete tasks in the most efficient ways...And the science is clear—when brain capacity is used up on these worries

and fears, there simply isn't as much bandwidth for other things. “ **How Poverty Changes the Brain** by Tara Garcia Mathewson READ:

https://getpocket.com/explore/item/how-poverty-changes-the-brain?utm_source=pocket-newtab

Have you seen her? by Dietrich Soakai, Christians Against Poverty New Zealand

WATCH: <https://youtu.be/De5QMOe0kiM>

The Crime of Parenting While Poor “while serious child abuse does occur, it's rare, and many issues that fall under the broad umbrella of “neglect”—which alone [accounts for 73 percent](#) of all allegations of child maltreatment made to ACS—are simply the everyday struggles of low-income families. In New York, [the ten neighborhoods](#) with the highest number of ACS cases, mostly in the Bronx, also represent the lowest incomes, highest unemployment, and greatest income-to-rent disparities in the city. Eight of those neighborhoods are the top places from which families enter homeless shelters. They're also neighborhoods inhabited predominantly by people of color. “It's not neglect,” said Jeanette Vega, the training director at Rise, a New York nonprofit that advocates for parents with open ACS cases. “We're poor—this is poverty.” - Kathryn Joyce READ: <https://newrepublic.com/article/153062/crime-parenting-poor-new-york-city-child-welfare-agency-reform>

What If We Gave Struggling Families as Much Support as Foster Parents? Child welfare experts say we're investing in the wrong end of the system. A collaborative deep dive.

In 2017/18 the ministry spent \$306 million on “Children & Youth In Care.” In comparison, the ministry spent \$119 million on “Family Support Programs.” But it isn't clear which families the ministry is supporting with that money — foster parents or parents at risk of losing their kids. In a system where Indigenous kids are [grossly overrepresented](#) due to the ongoing impacts of [colonial policies](#) and [intergenerational trauma](#), fully three-quarters of Indigenous kids in care in B.C. were apprehended because of “neglect” a term experts say is too often code for poverty. But financial support for at-risk families can add up to less than what is available for foster parents. - Brielle Morgan, [Katie Hyslop](#), [Cherise Seucharan](#) and Tracy Sherlock, TheTyee.ca READ: <https://thetyee.ca/News/2019/06/06/Struggling-Families-Foster-Parents/>

The Hunger Games, Imani Cezanne WATCH: <https://youtu.be/v3VJ0xnsIfM>

Canada's Forgotten Poor? Putting Singles Living in Deep Poverty on the Policy Radar “Working-age singles constitute the largest proportion of beneficiaries on social assistance, and they are three times as likely to live in poverty as the average Canadian. The average income of singles living in deep poverty is less than \$10,000 a year, which includes social assistance benefits. Yet, they have been overlooked in social policy reforms for several decades and in many ways remain the “forgotten poor.” - Dean Herd, Yuna Kim and Christine Carrasco, With commentaries by Sherri Torjman, Alain Noël and Ron Kneebone, Institute for Research on Public Policy READ: <https://on-irpp.org/32yhkDP>

“The practice has been locating industrial waste sites next to African Nova Scotian communities, Native communities and poor white communities. Communities that don't have an economic base to fight back... It's environmental racism to the core.” **In Whose Backyard?**, The ENRICH Project – WATCH: <https://youtu.be/jZjTvQpazcl?t=87>

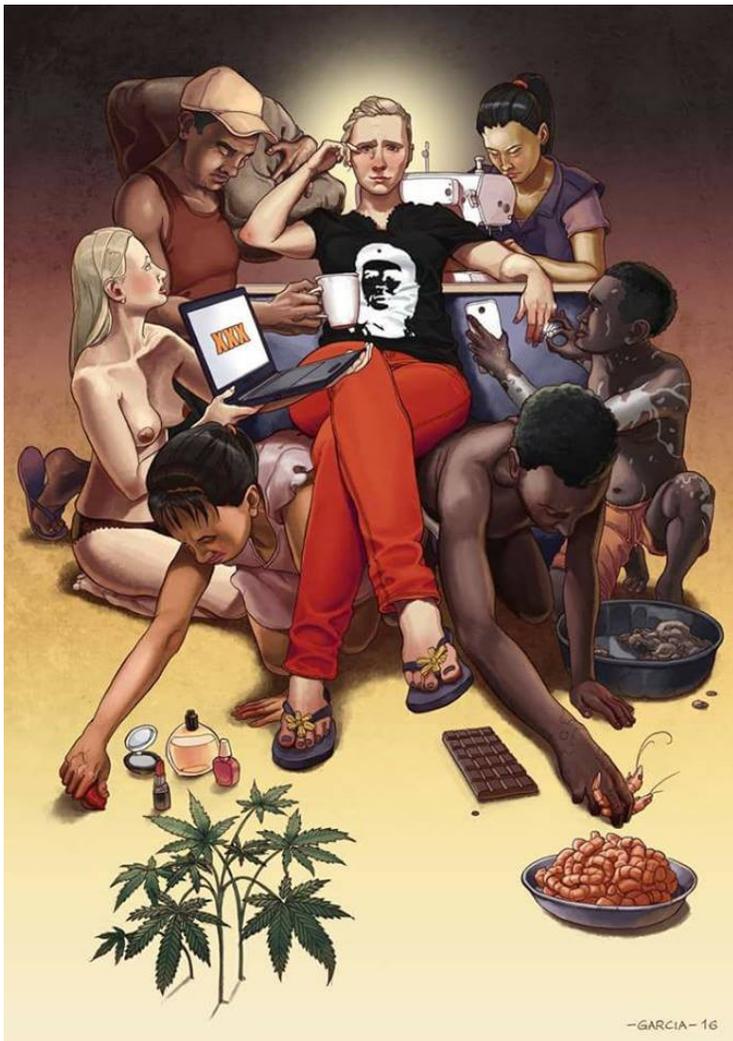
So if I'd played 400 rounds of monopoly with you and I had to play and give you every dime that I made and then for 50 years, every time that I played, if you didn't like what I did you got to burn it, like they did in Tulsa and like they did in Rosewood... How can you win? How can you win? You can't win. The game is fixed. So, when they say “Why do you burn down the community? Why do you burn down your own neighbourhood? It's not ours! We don't own anything! We don't own anything... Trevor Noah said it so beautifully last night, There's a social contract that we all have. That if you steal - or if I steal - Then, the person who is the authority comes in and they fix the situation. But the person who fixes the situation is killing us! So the social contract is broken! - Kimberly Jones, Writer & Activist WATCH: https://youtu.be/sb9_qGOa9Go (warning **expletive language**)

The Burning of Black Wall Street: **Greenwood and the Tulsa Race Riots** - BOSS The Black Experience in Business, PBS WATCH: <https://youtu.be/-yceK9LHFSA>

Schooling The World Trailer. A documentary, by Carol Black, on how white colonialists have and continue to use education as a tool “to create an extractive economy that serve(s) the few at the expense of the many” WATCH: https://youtu.be/FnzVNO_J6sk

Rigged Game by Dylan Garrity
WATCH: <https://youtu.be/bo3KFUzyMUI>

“Indeed you did just hear me suggest that a common function of whiteness is choosing financial security over ethical security” Dereau Farrar, Music Director, First Unitarian Portland WATCH <https://www.firstunitarianportland.org/director-music-dereau-farrar-offers-testimony/>



crime, worse schools, and poor air quality. More likely to live in dilapidated, unsafe, and unhealthy apartments that are also unaffordable. More likely to be incarcerated for small crimes for which the non-poor (and white) are often let off with a warning. And more likely to lack easy access to affordable banking services, quality health care, and fresh food... And because the government, with its \$15 trillion budget, will always have far greater resources than the nonprofit sector, we are delusional to think that we can solve major societal problems using nongovernmental, free-market principles, and that's before we wrestle with the question of whether or not it is the government's job to ensure equal opportunity and equal resources to pursue that opportunity (spoiler alert: I believe it is)." **The Problem With the Proverb About Teaching a Man to Fish** – Andy Posner, READ:

<https://www.andyposner.org/2018/07/28/problem-parable-teaching-man-woman-fish/>

What would happen if we randomly gave \$1000 to poor families? Now we know "...Cash transfers benefitted the entire local economy, not just direct recipients. As money made its way through the area, both families that did and did not receive cash ended up substantially better off...Spending on temptation goods – such as cigarettes, alcohol and gambling – did not increase. People didn't work less. And contrary to a common fear, the program had minimal effect on prices: Inflation increased less than 1 percent." - Francisco Toro, Washington Post, READ:

https://www.washingtonpost.com/opinions/2019/12/03/what-would-happen-if-we-randomly-gave-poor-families-now-we-know/?utm_source=pocket-newtab

"There are two 'utopias' in the world. The first is the version of the north; utopia is to consume more and live better, to have everything you want. This is a false utopia. There simply aren't enough resources in the world to allow everyone to live this way. The second utopia, the true utopia, is the one shared by the rest of the world; that everyone have the basics of life, enough to eat, have a home, have health, to not be despised. The only thing that stands in the way of this true utopia is the false utopia. For as long as some strive for what they want, there will not be enough for all to have what they need." - Jon Sobrino SJ, 1997 University of Central America, San Salvador, El Salvador

"Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime." - Ancient Chinese proverb

"When we claim to be teaching a man to fish, we are ignoring the reason why they need to be taught to fish in the first place; we are doing nothing about the underlying issue – an unequal distribution, not only of fish, but also of access to fishing equipment, ponds, bait, education, and places to cook whatever is caught. In America, the poor are more likely to live in neighborhoods with high rates of

Better Than Charity - Bruce Taylor. This TED talk challenges us to think beyond conventional charitable approaches to how we can solve the need for charity in the first place. WATCH: <https://youtu.be/jBB3CkuRb7E>

"We're trying to elevate and push towards a dignity economy, which focuses on the inherent dignity of every person" "If we really believe in the land of the free lets act like it. Let's give everyone a a piece of the good old American pie so that no one has to start from nothing" **Inherent Good Trailer**

WATCH <https://youtu.be/DNknoiXyGAU>

Healing poverty is not rocket science people suffer the social detriments of poverty because they are 1. not paid a fair (living wage/pension/benefit), 2. not charged a fair price, 3. lack the agency to obtain what essentials they need to live with dignity. Local community-owned resources for food, housing, energy etc would go a long way towards solving this problem... Systems of co ownership, where you are and/or know the providers of your essential needs. Where you can look your provider or employer in the eye, as your neighbour and trust you are getting a fair price or wage" - Niki Andre