Episode 3: Hard To Shake /Hard To Stomach

NANA ABA DUNCAN: Today, we'll explore why the _____ around food insecurity persists, and how it's affected the lives of people in this province.

Food banks across this province have seen an unprecedented _____ increase in visits from people _____.

CAROLYN STEWART: For us, we really think it centers around the changing _____- in Ontario, so really the rise in _____, so Ontario now employs the large proportion of _____ in the country at _____ of the workforce, which is very significant. There's also been _____ over the past year, so no longer requiring equal pay for equal work for contract part-time or temporary employees. The _____ and also the no longer requiring _____ and then in addition to that just the changes to the social assistance worker support programs, so they're becoming increasingly difficult _____, so people are having to turn other places for support.

_____

JANE SANGSTER: _____ has brought in an enormous increase in our food bank usage because people can't make their rents. ..... We also have a lot of people who _____. _.....And they're not _____....., they just don't make enough money on _____..

NANA ABA DUNCAN: A recent report from the Canada Mortgage and Housing Corporation found that it's nearly impossible for people working full time on minimum wage to afford _____ in many of Canada's major cities. On average, a person would have to work _____ hours a week at minimum wage to afford a one-bedroom apartment in the GTA. ..... There are a lot of misconceptions about who _____ visit a food bank.

What happened to CYNTHIA?

_____

What happened to BRAD HALE?

_____

CHRIS MARTIN: .....So being food insecure can actually lead to _____ and other childhood concerns like _____ -- and so it's a huge stigma that "Oh, if you know, they must not be starving, look at that family right there, they're dealing with weight issues." But it's actually completely unfounded.

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MADONNA BRODERICK: You know, you do the best you can and some people say _____. Really? You don't know until you're there. So you go to the food bank. You know, usually by the... I would say by the end of the second week, the beginning of the third week, you're out of money.

NANA ABA DUNCAN: What does the stigmatization actually look like? What are people saying?

BERYL-ANN MARK: Well, I know some people wouldn't even think of going. ..... But then when I go when I get certain foods and I _____, you know they're happy for it. So you know some people, they don't want the whole world to know that they live in _____. You know, so because, you know, sometimes there is a... there's a... you know, there's a bit of a _____ around, you know, living in poverty, you know. .....

NANA ABA DUNCAN: For Beryl-Ann Mark, a mother of five in Toronto, thinking beyond herself, helps to _____. And there's more to it. According to the Daily Bread Food Bank's "Who's Hungry?" report, despite making up 8% of the population in the Toronto area, black people account for nearly _____ of food bank clients in the GTA. Beryl-Ann thinks that a lot of _____are made about the types of people who experience food insecurity.

BERYL-ANN MARK: It's still, you know, _____, I would say, in terms of how, you know, we are... we aren't supposed to have it, but it still exists, so I think sometimes people just see that... a view that you are supposed to be in a certain category.

_____

CHRIS MARTIN: So the way I grew up, if there could be anything positive taken from it would be that it impacts _____. I have an 18-month-old little boy. It definitely impacts who I am as a dad and a person. ..... I care deeply about social causes and I think that because I _____, it's taught me about giving back and helping others.

_____

VOLKER KROMM: I find the remote communities do a much better job though of... in terms of _____. We... I get overjoyed when I bring a load of food to a community and it _____ with everyone equally. .....

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