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Hello again everyone,

Our August delivery day is coming up soon! This month we're delivering meal boxes to 65 low-income families on Aug. 24th between 4-6pm and that's exactly one week away!

I would like to tell you about another recipient on our monthly meal box delivery program. I had the privilege of meeting this young woman and her daughter on the July meal box delivery day, as I delivered her meal box. I've put her on the program on-going because like so many others, her and her young daughter are starving... like, actually starving.

This is her story...

"I'm a single mom with a child who has a disability. I lived in a shelter with my daughter for over three months, and now I'm currently living in subsidized housing. Shortly after moving into Barrie Public Housing, I applied for Ontario Works. But just recently, I got a call from my case worker saying that if I don't find employment, I can't receive Ontario Works (OW) anymore.

For anyone who has a child with ASD (Autism Spectrum Disorder), they know the struggle of raising a child with special needs. My daughter can't eat by herself, go to the bathroom by herself, go up and down stairs by herself, etc... Not to mention that she has countless visits to Speech Therapy, Occupational Therapy and IBI.

I provided OW with proof of diagnosis and sole custody court order. I'm the main caregiver of a child with disability, so how am I supposed to support my child and provide her with her needs if I'm away working for 9am-5pm? In April 2022, I was removed from the system and stopped getting the so much needed assistance (which was only \$300/month).

Long story short: I had to claim bankruptcy because I couldn't even afford to buy bread. I had to decide whether to buy a bag of potatoes or putting gas in my car to bring my daughter to therapy the next day. My child has sensory issues with food and texture. I really can't remember the last time I bought the type of food that she can tolerate to chew. It's been really hard... extremely hard!

Barrie Housing still charges rent. But this is a subsidy so my rent is \$93 a month. My water, gas, electricity, internet, etc... it's getting paid with the child benefit money I get from the government each month."

I know - reading about these kinds of stories is so heartbreaking. But I'm learning that the reason these stories exist is because no one is talking about them. Did you know that the starting rate for a Barrie Municipal Nonprofit Housing Corporation position in managing a building is \$100,000/year?

Look at this article. <https://www.cmhc-schl.gc.ca/.../more-rental-housing...> The government loans #Barrie \$26 million for affordable housing last year... but the people they house are starving. You know how many families I'm serving in at the address listed in this article!? It's totally disgusting how many people need tremendous help right now.

The woman in this story does not live at the address in the article here, but there are so many families living in the same conditions as third-world countries. They literally don't have a single dollar to their name and they don't have any food. Their "homes" are lucky to have one stovetop working or any usable electrical outlets. The food bank only gives one week's worth of food... which is so much better than nothing.... But this is how thousands of people in our City are surviving.... They're starving in shit holes.

This woman, and her daughter left an abusive home and now they're starving. Why do we live in a country where women have to choose between not getting beaten and not getting food!? Is this really the best we can do? For women with children with disabilities, they're left with absolutely nothing. Why are so many organizations okay with this!?

[Fresh Food Weekly](#) exists because there are thousands of women and children in our City starving right now. I don't know why this isn't all over the news and I don't know where all this government funding keeps going but it's not going to the people who need it. The people and children who need it just keep starving day after day, month after month, and year after year.

If you would like to help even one family struggling in Barrie, you can sponsor them with a meal box for \$45. For August, these meal boxes are valued at \$135 and includes fresh food that has been locally sourced. Nothing is expired. Nothing is about to go past it's "best before date". Everything is high quality.

I am trying to show these people that they didn't do anything wrong by leaving their abusive partner or choosing to care for their young child with autism. I'm trying to show this woman that she's a great mother who deserves respect and dignity.

If you would like to sponsor a family in need, please send me a PM.

In addition, we're looking for a lot more delivery drivers on Aug. 24th next week. We need help with packing up the meal boxes, as well as delivering them and we also need a few people to help with cleaning up afterwards. And this all happens at [Countryside United Church](#) in [#Thornton](#). Packing starts at 2pm and deliveries start between 3:30-4pm. If you would like to get involved, please send me a PM because we need more helpers!