

Sound Times Support Services

280 Parliament Street, Toronto ON, M5A 3A4

NEW EMAIL • bulletin@soundtimes.com WEBSITE • www.soundtimes.com/bulletin

September: Food fun, special diet, Right to Food, Dental, Harm Reduction Diet and vein health, Stress, Jobs, Sources, Dignity...Sun, Fun Events Lots more in the email version

We are trying something new. The last page is part one of a food resource booklet. We invite feedback and more ideas.



Our survey <https://www.surveymonkey.com/r/KGRRV9N>

FOOD: Access, Advocacy, Fun

Greet us: bulletin@soundtimes.com

Add **events** <http://soundtimes.com/events/community/add>

Mission—activate resources

The Bulletin will spark dialogue and share information and resources by and for the community of consumer survivors, users of substances, service users, people with lived experiences of addictions and mental health crisis, issues and systems.

Now monthly

Food is complicated

We are constantly bombarded with ads, advice, and warnings on how much and what to eat. And it all costs too much time and money. For folks with disabilities, our diets can help or hinder our day-to-day and long term health.

This issue of the Bulletin is not meant to give medical or specific dietary recommendations. Your body is unique so you need to manage your own health. You may want to work with a group, peer, professional or other supporters. Sharing meals is magic. Get eating.

*

Advocate For Food, Nutrition, Dignity

- **Dignity in Food systems** (shelters, food banks, food programs)
- **Right to Food—Internationally and in Canada**
- **Better Harm Reduction Tools include Harm Reduction Diets and Food Tips**
- **Income and Other Supports for Nutrition**
- **Shelter standards for food, diet and nutrition**
Shelters have to meet standards set by the city. You can complain/feedback to the shelter. And also advocate with the City, Ontario and Canada for more funding for shelter food.



Moments in C/S Bulletin History

C/S Bulletin 297, April 1st, 2005

2005: Special Diet Campaign—OCAP

Our Strategy: We are asking doctors/nurses/dietitians/midwives to recognize that the money from the Special Diet Allowance is a medical necessity for all social assistance recipients and that recipients should be granted the entire allowance. We are circulating a letter of endorsement for this campaign. Currently, over 30 medical practitioners, and organizations have endorsed the campaign. A series of clinics have been setup where doctors, nurses and dietitians will be signing up OW and ODSP recipients for the Special Diet Allowance. Amongst other supporters, practitioners from Regent Park Community Health Centre and Parkdale Community Health Centre are staffing several Raise the



We are asking doctors/nurses/dietitians/midwives to **recognize** that the money from the Special Diet Allowance is a medical necessity for **all** social assistance recipients
\$250.00 in 2005

Rates clinics.

What We Hope To Accomplish: We demand that social assistance rates reflect the real costs of living. We cannot abide government policies that enforce poverty and poor health. This campaign will bring issues of food insecurity into the public eye and highlight the real health barriers faced by people struggling to survive on social assistance. Recipients and practitioners need to be aware that the Special Diet Allowance is available and that all people on social assistance are entitled to its full benefits. //

And TODAY...

2018...Special Diet Max is still \$250.00

There are lots of conditions that qualify (diabetes, obesity, low weight) Conditions list: <https://bit.ly/2MffbGp>

Find \$ amounts: <https://bit.ly/2BbnP3K>

Application Method:

1. Take the application form to an approved health care professional.

One of the following health care professionals must complete and sign the form. They must also initial beside every condition that requires a special diet.

- a physician
- a registered nurse in the Extended Class (Nurse Practitioner)
- a registered dietitian
- a registered midwife or a traditional Aboriginal midwife (but only for medical conditions related to difficulties with breast-feeding).

2. Complete Section 1 of the form.

Please print clearly when filling out this part of the form.

3. Sign the form.

The person applying for the allowance, or someone authorized to sign on their behalf (for example a trustee), must sign Section 4. If the application form is for a child under 16, Section 4 must be signed by someone authorized to sign on behalf of the child (for example, the child's parent or guardian).

4. Return the form.

When you have completed the application form, return it to your local Ontario Works or Ontario Disability Support Program office.

...we still need activism to increase Special Diet ... Survivor history **continues...**

Right to Food—World

We need food to live. We have a right to live. Therefore, we have a right to food...mostly. The right to food is important for us because so many people with disabilities face barriers to accessing healthy food.

People are hungry and have trouble getting healthy food in Canada. You might see this through low ODSP, OW levels. But it also shows up in our cheap junk food system: calories from processed foods are much cheaper than healthy food.

As discussed above Ontario has a Special Diet Allowance and income support programs like ODSP and OW. However, these are not tied to the real cost of housing let alone the other costs of living including Food!

That is why a coalition of groups has advocated for decades to Put Food in the Budget (Ontario).

Email: infopfib@gmail.com

Website: <http://www.putfoodinthebudget.ca>

More right to food: <https://foodsecurecanada.org/right-food-canada>



International Right to Food means:

*The States Parties to the present Covenant recognize the **right of everyone to an adequate standard of living** for [herself or himself] and [her or his] family, including **adequate food**, clothing and housing... The States Parties to the present Covenant, recognizing **the fundamental right of everyone to be free from hunger**, shall take, individually and through international co-operation, the measures, including **specific programmes**, which are **needed**...*

- Article 11 of the [International Covenant on Economic, Social, and Cultural Rights](#)

In its [General Comment 12](#), the UN Committee on Economic, Social and Cultural Rights (CESCR) provided: www.escr-net.org/rights/

- **Adequacy.** The food available for consumption must be appropriate in the prevailing social, economic, cultural, and environmental context.
- **Availability.** Everyone should be able to obtain sufficient, quality food either through market systems or directly from land and other natural resources. Diets should contain a mixture of nutrients necessary for a healthy life and physiological needs...
- **Accessibility.** Access to food involves non-discrimination, economic accessibility, and physical accessibility. ...The price of food should be at such a level that it will not compromise attainment of other basic needs. This may require special programs for vulnerable groups.
- **Sustainability.** States must ensure, through the development of appropriate measures and regulation of private actors, that practices impacting on food, land or natural resources do not jeopardise the long-term availability and accessibility of food.



The Stop from Food to Emotional Wellness Peer Support

...We seek to be the link that brings together consumer survivors who encounter food scarcity. ..."

The Stop has long enhanced communities through innovative food security programs and advocacy efforts. Now, the Stop is going beyond food, striving to tackle mental health needs in the community through its new Emotional Wellness Peer Support Group. Lead by two peers with lived experience, the group seeks to nurture self-care and promote personal wellbeing through a weekly two-hour meeting. Members of the Stop community and beyond are invited to this open group to share their personal challenges and triumphs, connect intimately through shared experience, and find the strength to access necessary resources and services.



Together, the food and advocacy programs alleviate some of the physical and emotional strain that can result from daily systematic barriers. Our new group is a safe space for stigmatized, oppressed, marginalized voices to be heard and where self-determined personal care is valued.

We seek to be the link that brings together consumer survivors who encounter food scarcity. Our passion is for our participants to cultivate greater depths of empowerment and make the positive transformations they so desire. "www.thestop.org"

Get Dental Health and Care

Do you take the time for dental care? Brushing twice a day...flossing...going to the dentist?

Dental problems catch up with you when it is hard to chew, drink and smoke. These problems are caused by and cause poor nutrition, drug, lots of sugar and coffee. Tooth problems can then cause more nutrition problems as it is hard to chew and access foods when they are too hard. This is when dental problems are disabilities.

Get Help:

CALL 211 for a list of organizations. ODSP may fund dental care. Children from low income families are eligible for dental care.

- Free Dental for under 18s: <https://bit.ly/21B02ME>
- Faculty of Dentistry, University of Toronto, 101 Elm St. 416-864-8320
- George Brown College, Wave Dental Clinic, 51 Dockside Dr., 3rd Floor
Low cost cleanings, small fillings and dentures



Foods to Include in an Anti-Cavity Diet:

- Milk, Yogurt and Cheese. + Leafy Greens, Canned Fish, Beans and Nuts. + Fish, Oats, Broccoli, Soy milk, Tofu, and Mushrooms. + Whole Grains. + Sugar-Free Chewing Gum. + Black and Green Tea. <http://www.oralb.com/topics/foods-that-help-prevent-tooth-decay.aspx>
<http://www.yournorthridgedentist.com/foods-that-help-prevent-cavities.html>
<http://yalemedicalgroup.org/stw/page.asp?pageid=stw001565>

Resources

HOW TO MAKE Veggie Stock Soup For

Makes roughly 3 quarts

- Onions (tops, bottoms, and skins)
- Celery (tops and bottoms)
- Carrots (tops, bottoms, and skins)
- Mushrooms (stems)
- Garlic (tops, bottoms, and skins)
- Potatoes (tops, bottoms, and skins)
- Parsley (stems)

You can add many other vegetable scraps (think sweet!) - i.e. corn cobs, winter squash, zucchini, and other squash, beet greens, fennel, chard, lettuce, parsnips, green beans, pea pods, bell peppers, eggplant, mushrooms, asparagus, and herbs like dill, thyme, parsley, cilantro, and basil.



PREPARATION

Remove the tops/bottoms/skins/stems from any vegetables you are preparing (avoid vegetables like Brussels sprouts, broccoli, or cauliflower as they will add a bitter taste to your stock) and place them in a ziplock bag - they can stay frozen up to 6 months.

Continue like this until bag is full.

Dump bag into pot and fill $\frac{3}{4}$ of the pot (or until scraps just start to float) with water.

Bring water to a boil and then let it simmer for at least 30 minutes.

Strain water out of stock.

Refrigerate stock up to 4 days, or freeze up to 3 months.

Food Skills, CRC | [Regent Park Community Food Centre, www.tcrc.ca](http://www.tcrc.ca)

Shelter Standards—Toronto

Shelters have to meet standards set by the city. You can complain/feedback to the shelter. And also to the City, Ontario and Canada for not funding shelter food budgets.

Shelters must “Offer clients safe and nutritious food to meet their dietary needs”. Meet Canada’s Food Guide. “Avoid serving food with poor nutritional value (e.g., foods high in processed sugar, fat and salt)” They cannot use or withhold food to influence behaviour (either as reward or punishment)”

Food must meet dietary , vegetarian, medical, breastfeeding, and cultural diversity needs.

Save money on Transit and get Better FOOD!

TTC - Fair Pass Discount Program Ask about details of transport allowance \$2.00 per ride, 115.50 month



[Find the forms and the details at: https://www.toronto.ca/transitdiscount/](https://www.toronto.ca/transitdiscount/)

You are eligible if you are an adult living in Toronto and in receipt of Ontario Works (OW) or Ontario Disability Support Program (ODSP) and not receiving transportation supports equal to or greater than \$100 in the current month (i.e. Employment or Medical Related) through OW or ODSP.

How to apply

To apply for the Fair Pass Discount Program, you must complete and sign an [application](#) and [consent form](#). Completed forms can be submitted by mail, fax, or in-person at any of the following Toronto Employment & Social Services (TESS) locations.

Food, Water and Vein Health

Why is vein health important?

Vein health is important because veins are responsible for the circulation of your blood. The main role of the veins is to return blood to your heart once it has been pumped through the body. If veins become damaged they will give way to the forces of gravity and not return blood back to your heart.

How to keep veins healthy?

Eat more fiber. Fiber is essential for balanced nutrition and normal digestive function. It also helps to reduce the risk of other disorders such as high cholesterol which can affect the vascular system.

Drink water, we all need it...and you deserve to be hydrated! Also, water helps fiber do its job by flushing out the system and by promoting circulation.

Use safer injection practices if you are using injection drugs.

Foods that are good for your veins

Strawberries, Red bell peppers or sweet peppers, Citrus fruits
Broccoli, Brussels sprouts
Tropical fruits – mangoes, papaya
Garlic, Spinach

Tips for maintaining vein health while using injection drugs:

Drink water! Keeping hydrated increases, the size of veins so that you are more likely to get a successful hit.

Cut back on caffeine and cigarettes 1-2 hours before using. Caffeine and cigarettes can shrink veins and make them harder to find.

Food Skills, CRC | [Regent Park Community Food Centre, www.tcrc.ca](http://www.tcrc.ca)

NEW OPS

Parkdale Overdose Prevention Site.

Open daily 6pm-11pm.

Beaty Boulevard park (King W. and Triller)

- naloxone and OD training- harm reduction supplies - safe place to use
- for info : parkdaleOPS@gmail.com

Nutrition while using

From **CATIE** (Canadian AIDS Treatment Information Exchange) ==> People who use street drugs usually don't get enough nutrition (macronutrients or micronutrients). Eating better may help you stay healthier while you are using.

Get the basics **while actively using**

- ⇒ Drink high-calorie fluids
- ⇒ Take a daily multivitamin-mineral
- ⇒ Eat as well as you can when you're not high
- ⇒ Find out about food programs
- ⇒ Get groceries that last a long time **before** spending money on drugs.

Specific Digestive Issues CATIE also publishes a Practical Guide to HIV Drug Side Effects. Find it online or call 1-800-263-1638 to speak with a treatment information educator. // www.catie.ca/en/practical-guides/nutrition/2-a-la-carte/2-3#constipation



[Free Low Cost meals and Foodbanks in Toronto](#)

Great Map and Meals by Day: <https://www.toronto.ca/community-people/housing-shelter/homeless-help/#meals>

519 Community Centre

519 Church St, Toronto, ON M4Y 2C9
416-392-6874

Bloor Lansdowne Christian Fellowship Church: BLCF Cafe Community Dinner

1307 Bloor St West, Toronto, ON M6H 1P1
416-535-9578

Church of the Redeemer

Weekday Meal Program
162 Bloor St West, Toronto, ON M5S 1M4
416-922-4948

Church of St Stephen-in-the-Fields: Meal Programs

103 Bellevue Ave, Toronto, 416-921-6350

CRC. 40 Oaks

40 Oak St, Toronto, ON M5A 2C6
416-363-4234

Dixon Hall Neighbourhood Services: Carlton St Site

192 Carlton St 2nd Fl, Toronto, 416-863-0499

Evangel Hall Mission

552 Adelaide St West, Toronto, ON M5V 3W8
416-504-3563

Fort York Food Bank

380 College St, Toronto, ON M5T 1S6
416-203-3011

Fred Victor: Queen and Jarvis Site

145 Queen St East, Toronto, 416-364-8228
After hours phone 416-369-1199

Fred Victor: Adelaide Resource Centre for Women (24-Hour Drop-in for Women)

Adelaide Resource Centre for Women, 67 Adelaide St East, 416-392-9292

Good Shepherd Ministries: Good Shepherd Centre

412 Queen St East, Toronto, ON M5A 1T3
416-869-3619

Haven Toronto

Notice: Formerly known as Good Neighbours' Club
Address 170 Jarvis St, 416-366-5377

Parkdale Activity-Recreation Centre

1499 Queen St West, Toronto, ON M6R 1A3
416-537-2262

Scott Mission

502 Spadina Ave, Toronto, 416-923-8872

Handle Stress with Food

Do you eat too much when you are stressed? Or maybe your stomach gets too nauseous to eat? Stress is normal and daily. We need tools like walking, exercise, meditation, distraction, conversation....and Diets to handle this stress.

For many of us symptoms of stress include:

- changes in eating or sleeping patterns; social withdrawal; nervous habits such as nail biting or teeth grinding; increased use of caffeine, cigarettes, alcohol or other drugs; neglecting responsibilities or experiencing a decline in performance/productivity

So we need to Handle stress with diet plus all the other stuff you do to stay grounded (like walking, exercise, meditation, distraction, conversation....)



Diet as a tool to manage stress:

- Some foods have a calming effect in our body while others can act as stimulants and can even be triggers for stress and anxiety
 - Embrace the principle of moderation – some “comfort foods” may not be considered “healthy” but can be helpful in the moment
 - Keep in mind that many foods we crave (e.g. refined sugars and processed foods) have the potential to make you **feel good right away, but cause sudden spikes and drops in blood sugar and can leave you feeling worse in the long-run**
 - Be mindful of your body! **Pay attention to what makes your body feel good (long-term)** and what makes your body feel bad.
 - Some key nutrients and foods that can help manage stress and anxiety:

Food Skills, CRC | [Regent Park Community Food Centre](#), www.tcrc.ca

Metabolic Syndrome & Diabetes

Diabetes and metabolic syndrome because they affect our community disproportionately (<http://guidelines.diabetes.ca/browse/Chapter18>) and they may be caused by some of the medications that we take (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3501406/>). If you want more information about your medications and weight changes, you could talk to the prescribing doctor and if you want more information you could ask for a referral to a dietician or other supports. You may also want to apply for the Special Diet allowance

Metabolic syndrome

Metabolic syndrome is a cluster of conditions — increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels — that occur together, increasing your risk of heart disease, stroke and diabetes.

Tips: Physical activity.

- **Losing weight.** Weight loss and maintaining a healthy weight can reduce insulin re-

sistance and blood pressure and decrease your risk of diabetes. [Not for beauty standards or moral reasons].

- **Eating healthfully.**
- **Stopping smoking.**

Source: Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/metabolic-syndrome/symptoms-causes/syc-20351916>

Diabetes

Mood and anxiety disorders and other mental illnesses / challenges are both causes and caused by diabetes.

“It is important to recognize your emotions and talk to your friends, family and members of your diabetes health-care team about how you are feeling. Your team can help you to learn effective coping skills and direct you to support services that can make a difference for you.”
<http://guidelines.diabetes.ca>

Reduce Food Waste Cost\$

- Plan your meals. It reduces waste, and makes a for a fun household activity.
- Buy only what you need.
- Best before dates are required for manufacturing, but A sniff, a taste, or cutting off a bad part can keep good food from going to waste.
- Throw out the cook book, not the leftovers!
- Get spices, flavours and experiment.
- Blend it. Smoothies, sauces and soups can save all kinds of edgy veggies and fruits.
- Leftovers are pre-prepped ingredients. Leftovers are already cooked—making you that much closer to a new meal. With flash in the pan and some sauce or spice, last night's discards become today's delight.

Food Systems Lab: *Closing the loop on food waste in Toronto*

<https://bit.ly/2wXvmjN>]



JOBS [for Bulletin Jobs Listings please Submit by the 25th of the month]

JOB POSTING: Dish Washer

The Raging Spoon operated by Working for Change is hiring a dishwashing position for its catering service!

We offer a supportive work environment for people who have encountered barriers to employment due to mental health or addiction issues. Previous commercial kitchen experience would be a great asset as well as a positive attitude to learning and teamwork. We offer applicable culinary training and a deep awareness of survivor challenges in the work place.

Please submit your resume/C.V. either by mail, walk-in or e-mail to:

The Raging Spoon Catering

Address: 1658 Queen St. W. Toronto, ON M6R 1B2

Phone: 416.504.6128

Email: ragingspoon@workingforchange.ca

JOB POSTING: Order Coordinator

- To ensure deliveries arrive on time
- Class G2 drivers licence and clean driving record required
- To maintain delivery vehicle cleanliness
- To drive within the law accompanying delivery staff safe, catering products and vehicle safe.
- Any task or errand related that would require vehicular usage such as shopping or business related errands within the GTA.
- Some loading and unloading.

Raging Spoon.ca
(click here to view our menu)

- Must have a relevant driver's license
- Certificates **can** include:
Smart serve an asset but not a pre-requisite

First-aid training preferred. but not a pre-requisite

- Some interaction with the customers can occur meaning practicing courteous and professional behaviour, to ensure that their order is delivered and set-up appropriately.
- Works with kitchen team well, to ensure smooth deliveries.
- To participate in a representative role of the Raging Spoon to all of its customers.
- Participate in the Mental health support community in the work place.
- To learn our basic invoicing and estimate ordering system
- Applicant will understand mental health and poverty issues directly associated with employment challenges.

Starting wage is \$15.75 per hour, subject to increase based on productivity rate and time worked at the Raging Spoon.

For both jobs Please submit your resume/C.V. either by mail, walk-in or e-mail to:

The Raging Spoon Catering

Address: 1658 Queen St. W. Toronto, ON M6R 1B2

Phone: 416.504.6128

Email: ragingspoon@workingforchange.ca

Find more information about Street Soccer

Facebook <https://www.facebook.com/streetsoccertoronto/>

You can also find highlights from the Homeless World Cup.

ALL welcome you can come as an individual or a team. No expertise or fancy shoes required!

We will be playing at Earls Court Park St. Clair and Lansdowne Avenue behind the Joe Picinnini Community Centre by the running track on Saturdays starting July 21 from 3-6.



Free and Fun Events

Did you know about the City of Toronto Event Listings— Lots of good stuff

<https://www.toronto.ca/explore-enjoy/festivals-events/>

The library you say!?

Museum + Arts Pass Program

<http://www.torontopubliclibrary.ca/museum-arts-passes/index.jsp>

+++

Health & Culture Expo

A variety of performances of both music and cultural dance on the amphitheater stage as well as marching drums core demos by the Pathfinders, many booths displaying health, cooking demos, speakers, exercise sessions for people to join in and participate. Bouncy castles for the children along with face painting and prizes to give away.

At: 5100 Yonge St (north of Sheppard Ave, *Mel Lastman Square*)

Time: 11am – 5pm **Phone:** (416) 636-2471

Website: <https://healthcultureexpo.com/>

September 13 2018 (Thursday)

Brian Goldman: The Power of Kindness

Veteran emergency room physician Dr. Brian Goldman circled the planet trying to find the most empathic people. He presents his findings from this quest to understand how and why kindness is so vital to our existence. In conversation with Professor Emeritus of psychology, Keith Oatley. This event is FREE, and no registration is needed to attend.

At: 100 Queen St W (@ Bay St - Nathan Phillips Square) *City Hall Library*

Time: 1:00pm – 2:00pm **Phone:** 416-393-7650

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September 11, 2018 (Tuesday) 11:30-1:00

Dental & Oral Health Workshop

Presented by: Toronto Public Library & Toronto Public Health

Join us for this free workshop and learn about the structure of your teeth, common dental problems, their causes, symptoms and treatments, the importance of dental hygiene, and

**HEALTH &
WELLNESS**

DENTAL & ORAL HEALTH WORKSHOP

**TUESDAY,
SEPTEMBER 11;
11:30 – 1 pm**

**Lillian Smith Library
239 College Street**



TOPICS

- ✔ Understanding your teeth
- ✔ Common dental problems: Causes, symptoms & treatments
- ✔ Importance of dental care
- ✔ Effective daily oral care
- ✔ Free dental care & other community resources

To register, please contact 416-393-7746.

torontopubliclibrary.ca



how to find free dental care & other community resources. **Where: Lillian H. Smith Library, 239 College** Reservations / Advance Tickets are required

Now - September 16 2018 Toronto Career Fair & Training Expo

Discover new opportunities. This event is the perfect opportunity for employers, training colleges and prospective job seekers to meet face-to-face and find the right fit. RSVP on website below.

At: 255 Front St W (east of Spadina Ave) *Metro Toronto Convention Centre North Bldg*

Time: 10am – 4pm **Website:** <http://careerfaircanada.ca/>

Events

September 16, 2018 AIDS Walk Toronto

Come join us for the 30th Anniversary of the AIDS Walk Toronto and demonstrate visible support for the people in our community living with HIV. There will be entertainment, a community fair and coming together as we walk to advocate for change, celebrate what we've accomplished, and remember the loved ones we have lost.

Event Time(s): 10:00 am - 3:00 pm

Where: Nathan Phillips Square, 100 Queen St W
www.aidswalk30.com : aidswalk@actoronto.org

September 19th Harm Reduction Drop-in Community Kitchen

3rd Wednesdays from 4-7 at Regent Park Community Health Centre

Free Program. Snacks, drinks, meal and harm reduction supplies provided. Learn about Food Skills, Healthy cooking on a budget, Meal-planning, Physical and mental health education. (416) 364-2261 465 Dundas Street East

8TH Toronto Disability Pride March is

SATURDAY, SEPTEMBER 22, 2018

Starting at Queens Park (111 Wellesley Street West) and marching to the School of Disability Studies at Ryerson (99 Gerrard Street East) from 1:00 PM to 4:00 PM

Find more at: <https://bit.ly/2uXFB40>

Donate: <https://bit.ly/2NEAs92>

September 22nd, 2018

Good Food For All Festival

The Stop's annual *Good Food For All Festival* is a free, family-friendly outdoor community event that draws attention to food-related social and economic issues. .



A peaceful march to raise awareness of the critical role that food security plays in the

heart of any community. Following the march, attendees will gather to enjoy a delicious meal, dance to live music, join fun and immersive activities, and hear passionate speakers from The Stop community and from like-minded organizations and campaigns. Saturday, September 22nd 2018

- *Community March:* 11:30am—12pm
- *Festival:* 12pm—3pm

Where: 1900 Davenport Rd, in front of Davenport-Perth Neighbourhood and Community



Health Centre

Questions? Contact Kate Fane, at **416-625-7867 x. 250** or kate@thestop.org <http://thestop.org/good-food-for-all-festival/>

September 29 2018 (Saturday)

Native Child and Family Services of Toronto 21st Annual Community Pow Wow

"Honouring Indigenous Leadership" is Native Child and Family Services of Toronto's 21st Annual Community Pow Wow. Featuring Indigenous dancing, drumming, and singing with a large Aboriginal Artisan Market, Children's Games and Crafts, Pow Wow Tacos and a BBQ lunch. All are welcome!

Sunrise Ceremony at 6:00 am; Dancer / Drummer Registration at 11:00 am; Grand Entry at 12:00 pm Flags Retire at 5:00 pm

At: 2 blocks south of Bloor St W on Dufferin St
Dufferin Grove Park **Time:** 6am – 5pm

Phone: (416) 969-8510 ext.3472

Dignity in food systems

“some food banks don’t treat people very well...they make you line up outside even in bad weather and aren’t always organized” - from our survey <https://www.surveymonkey.com/r/KGRRV9N>

Dignity comes from rights & choice: space, people, process, options, and vibe. We are adults. We demand respect and dignity-which is also healthier! Examples: This could be food bank alternatives like Foodshare.net (Good food box 416-363-6441 x275), Not Far From the Tree (fruit picking/sharing <https://notfarfromthetree.org/>).

Feed it Forward—Pay What you can Grocery store, Bakery, Coffee shop

3324 Dundas Street West,
Junction, Toronto Store hours:
10:00 AM - 8:00 PM <https://feeditforward.ca/>



Visitors can only take one day's worth of food for a family, or choose a bi-weekly box of pre-packaged food and recipes. And checking out involves providing your name, contact information and details on what was taken. Costs are relatively low since food is donated and labour is volunteered.

MORE IDEAS/CONCERNS bulletin@soundtimes.com

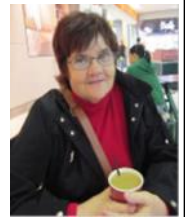
Print the Booklet

1. Ideally print 2 sided
2. Cut the pages in half
3. Arrange them by number facing down and staple.
4. Share with friends and other folks.

This is just the start. Submit resources, orgs, food sources, advocacy tips for future editions of the booklet.

Computer Help!

Martha Gandier
(gandier47@hotmail.com)
offers fellow consumers/survivors free over-the-phone or remote online computer advice and support.



Online Document Readers

((If you would like to hear The Bulletin, below you will find links to websites that can do that for you))

<https://www.naturalreaders.com/>

<http://ttsreader.com/>

Subscribe For Free!

To subscribe / contribute to The Bulletin email us at bulletin@soundtimes.com or visit

Soundtimes.com/bulletin

The Bulletin is free to receive.

You can also follow us on:

Where we post even more information and resources.

All previous issues are available on our website:

www.soundtimes.com/bulletin.

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Disclaimer:

The views expressed do not necessarily reflect those of the Toronto Central LHIN, the Government of Ontario, Sound Times Support Services Staff, Volunteers or Board Members.

Go green; get The Bulletin by email!

Supported by:



Ontario

Toronto Central Local Health
Integration Network

Get Food:

There is lots of info and resources about food in Toronto... You might want to call or visit:

- 211 – community health, housing, Food info call or visit 211toronto.ca
- City of Toronto.ca – dial 311 for city services
- Putfoodinthebudget.com
- The Stop
- CRC – 40 Oak
- Sistering
- PARC
- ODSP Action Coalition

What did we miss?
bulletin@soundtimes.com

Food: Get good food and connect to community



Find food info: Call #211,
soundtimes.com/bulletin will have a list

Drink water. That is all.

September 2018

PRESCRIPTION

Government of Ontario

111 Wellesley St W, Toronto, ON M7A 1A2

Rx# 123456789 **Refills:** unlimited
Patient Pays: \$0.00

Name: "Mad" Community

(90) Healthy Meals /monthly
Dignified food system

Refills: unlimited

Brand: Right to Food ODSP

Date: yesterday, 2018

X Dr. Doug Ford



How to get quality dental care?

- Free Dental for under 18s:
<https://bit.ly/21BO2ME>
- Faculty of Dentistry, University of Toronto,
101 Elm St. 416-864-8320
- George Brown College, Wave Dental
Clinic, 51 Dockside Dr., 3rd Floor
Low cost cleanings, small fillings and
dentures
- #211 has a list of dentist services

Food Waste Cost\$

1. Plan your meals. It reduces waste, and makes a for a fun household activity.
2. Buy only what you need.
3. Best before dates are required for manufacturing, but A sniff, a taste, or cutting off a bad part can keep good food from going to waste.
4. Throw out the cook book, not the leftovers!
5. Get spices, flavours and experiment.
6. Blend it. Smoothies, sauces and soups can save all kinds of edgy veggies and fruits.
7. Leftovers are pre-prepped ingredients. Leftovers are already cooked—making you that much closer to a new meal. With flash in the pan and some sauce or spice, last night's discards become today's delight.

Food Systems Lab: *Closing the loop on food waste in Toronto*

<https://bit.ly/2wXvmjN>

Right to Food – Advocacy

- International human rights: Adequacy, availability, accessibility, sustainability (UN ESCR Article 11)
- Food security requires income (Raise the ODSP and OW and Special Diet Rates
- www.PutFoodintheBudget.ca
- There are food standards and ways to complain about food at Toronto Shelters, hospital, school, prison, jail Standards for food.
- Dignity at shelters, food banks and food programs is a right and good for community. We deserve it.

Special Diet – ODSP

- Max of \$250 per month ...
- Find the list of Conditions: <https://bit.ly/2MffbGp>
- Find amounts: <https://bit.ly/2BbnP3K>

1. Take the application form to an approved health care professional.

- a physician, a registered nurse in the Extended Class (Nurse Practitioner), a registered dietitian, a registered midwife or a traditional Aboriginal midwife (but only for medical conditions related to difficulties with breast-feeding).

2. Complete Section 1 of the form

3. Sign Section 4 of the form

4. Return the form.

When you have completed the application form, return it to your local Ontario Works or Ontario Disability Support Program office.

Healthy Veins

Eat more fiber. Fiber is essential for balanced nutrition and normal digestive function.

Drink water, we all need it...and you deserve to be hydrated! Also, water helps fiber do its job by flushing out the system and by promoting circulation.

Foods that are good for your veins!

Strawberries
Red bell peppers or sweet peppers
Citrus fruits
Broccoli, Brussels sprouts
Tropical fruits – mangoes, papaya
Garlic, Spinach



Cut back on caffeine and cigarettes 1-2 hours before using. Caffeine and cigarettes can shrink veins and make them harder to find.

(Food Skills, CRC | [Regent Park Community Food Centre, www.tcrc.ca](http://RegentParkCommunityFoodCentre.org))



**3rd
Wednesdays
From
4-7pm**

In collaboration with Street Health:

THE HARM REDUCTION DROP-IN COMMUNITY KITCHEN

This FREE program runs monthly at the Regent Park Community Health Centre. Snacks, drinks, meal, and harm reduction supplies provided.

Expect to learn about:

- ***Food Skills***
- ***Healthy cooking on a budget***
- ***Meal-planning***
- ***Physical and mental health education***