



# Monthly Newsletter



Working locally (Calgary, Alberta) to stop the cycle of poverty for the children

November 2009, Edition 43

*Be content with what you have, rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.*

*- Lao-Tzu*

## Did you Know?

“The price that a farmer receives for milk and beef today is virtually the same as 20 years ago, but costs for fuel, farm machinery, fertilizers, and other farm necessities are higher. Rick Laible gave me an example, “Fifty years ago, a farmer who wanted to buy a new truck paid for it by selling two cows. Nowadays, a new truck costs around \$15,000, but a cow still sells for only \$600, so the farmer would have to sell 25 cows to pay for the truck.””

Jared Diamond

## Volunteer Opportunity with *children without poverty*

I am looking for caring community minded individuals interested in mentoring a parent of one of the families we are helping in the Sustain a Family Program. Get involved in your community and your neighborhood. You would be surprised how connected you can be and see the impact of your efforts.

## Hands in your pocket

This section is about not spending more time or more money on the constant demands of organizations and people who are asking you to give them money, bake sale items, sell tickets, door knock, sponsor a runner or walker, buy tickets, buy things, donate silent auction items etc.

One easy way is to help reduce food costs, food allocation on the planet, and reduce garbage. In September, Chatelaine ran an article ‘What a Waste’. This text, quotes, and ideas are credited to that article.

**A new study from Statistics Canada found that in 2007 nearly 40 percent of our food supply was wasted by households, restaurants and supermarkets.**

An even more comprehensive 2008 British study yielded a similar figure: About a third of all groceries purchased, amounting to nearly seven million tonnes of food, is thrown out annually in the U.K.

Problems or solutions:

- Take your leftovers from restaurants home and have them for lunch the next day.
- Potatoes or peaches abandoned in the field because the crop isn't worth as much as the cost to harvest it.
- Produce that isn't the perfect size, never makes it to the supermarket.
- Edible fish and seafood that gets caught in industrial fisheries' nets and chucked back (dead or dying) because it isn't the salmon or tuna they were trawling for.
- Growing more than people can eat.
- Edmonton has curbside compost pickup. Calgary does not.
- Statistics Canada reports that 60 percent of the country's total organic waste is residential. That costs money and fills landfills and sends ¼ of the methane going into the atmosphere (from landfills).
- You can eat foods that are past their expiry date.
- Start treating food like a precious commodity – the rest of the world does.
- Use up food that will expire first. Know what you have in your fridge and cupboards, so you don't double up on things you don't need or won't eat.
- Health Canada advises setting the thermostat in your refrigerator at or below 4 C.
- Re think your serving sizes – eat less – we don't need that much food.
- Re think your recipes and make enough, especially if your family won't eat leftovers. Rightsize what you make.
- Questionable leftovers or vegetables make excellent soups or try a strata.

And if you are keen, fix the distribution system. Or fix the symptom of the distribution system, like other non profits around Canada pickup unwanted food from grocery stores and wholesalers and redistribute it to local shelters and soup kitchens. Organizations like: Vancouver's Quest Food Exchange, Winnipeg Harvest, Toronto's Second Harvest and Moisson Quebec. Is there an organization like this in Calgary? You could build one and model it after what these organizations are doing.

To have people added/removed from the distribution list or to provide comments, please respond to:

[Richelle@childrenwithoutpoverty.com](mailto:Richelle@childrenwithoutpoverty.com).

