



Poverty,

What is it?

A discussion booklet for the classroom



Canadian Teachers' Federation
Fédération canadienne des enseignantes et des enseignants



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Note to teachers:

A PDF version of this discussion booklet is available on the Canadian Teachers' Federation's social justice and action teacher platform Imagineaction www.imagine-action.ca.

POVERTY,

WHAT IS IT?

A discussion booklet for students in Grades 5 to 8

MESSAGE FROM THE CTF PRESIDENT

Dear Teachers,

According to the Organisation for Economic Co-operation and Development (OECD), equity in education means that all students should be able to achieve the same outcomes regardless of their relationship to power, property, wealth or possessions. Any experience of injustice or inequality deeply marks the individual, group, or community that experiences it, and carries lasting consequences for the entire society. As classroom teachers, we see and understand first-hand the consequences of poverty in our classrooms and schools – students too hungry or too tired to concentrate; students who feel excluded because they can't participate in school programs and activities; students in low-income families whose parents struggle to pay the rent or buy food. There is a strong body of evidence that the experience of poverty has a negative impact on students' readiness and ability to learn.

When teacher organizations call for actively bringing equity and social justice into schools, they are asking that we – all citizens, including teachers – create room for the needs of all people in the classroom. As teachers, we can bring the topic of poverty forward and build it in to language, history, social studies, or health classes, for example. As teachers, we hold in our minds and

hearts a vision of what might be, if only the world were equitable and socially just. When our students understand the value of eliminating poverty, they can creatively engage in school-community social action projects to effect positive change. Browse the Imagineaction teacher platform for project ideas.

Developed by the Canadian Teachers' Federation's Advisory Committee on Diversity and Human Rights, this booklet, entitled *Poverty, what is it?* presents some of the responses received from over 200 Grade 5 to 8 students who took part in the discussion of poverty in the spring of 2014. We thank every student and teacher who participated in this important discussion and hope that this booklet will be a valuable resource for teachers in their work.



Dianne Woloschuk
President, Canadian Teachers' Federation

"Schools and classrooms are more than vehicles to 'teach' children literacy and numeracy and to prepare them for the world of work. Schools and classrooms are 'Human Development Institutions' that provide opportunities for critical thinking, creativity, empathy, character development and citizenship, all with a view to the betterment of society – our society."

– Dr. Calvin Fraser, Secretary General, Canadian Teachers' Federation

Suggested uses for this discussion booklet:

A three-part lesson plan has been developed to support the use of this discussion booklet in the classroom. Teachers can access the supporting lesson plan on the CTF Imagineaction teacher platform www.imagine-action.ca under the Teacher Resources tab. Teachers must be logged in to Imagineaction to access resources.

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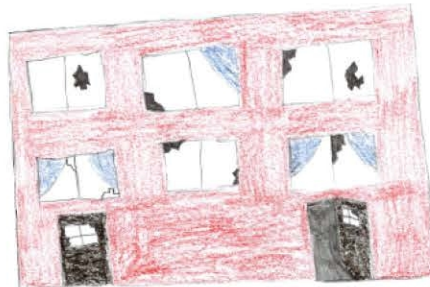
- 1 Consider the word “poverty”. What does it make you think of?
- 3 If we look around, where do we see poverty in Canada?
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Note:

Many pages in the booklet have supporting Quick Facts to help with the discussion. Sources for these Quick Facts can be found on page 30. Also, there was such a richness of student responses received that student responses may be different in the French version of this discussion booklet.



Children are cold
Families are hungry
Dads are overworked
Mothers are crying
Nothing is done
Society is broken



CONSIDER THE WORD "POVERTY". WHAT DOES IT MAKE YOU THINK OF?

When someone wealthy goes in poverty it is like an **EGG GOING TO CRACK**.

How the **WORLD IS BASICALLY DIVIDED** into three sectors: first class, second class, and third class.

Commercials on TV saying to **SPONSOR KIDS** in foreign countries.

BASIC NEEDS such as food, shelter, clothing, clean drinking water, warmth, and safety that **CANNOT BE MET** due to lack of money.

I think of being extremely poor; perhaps extreme poverty is a **STATE OF BEING**.

It looks like people who **CAN'T AFFORD** to look after themselves properly.

You need bumps in your life if you want to live. **POVERTY IS A BUMP** that takes a while to get over ... sometimes this bump takes forever to get over but one day the bump will be gone.

I **DON'T** understand.

The guy who dresses in **OLD CLOTHES** [and is] **HOMELESS** who hangs out at the Tim Hortons down the **STREET**.

Kids that **GET PICKED ON** because maybe they're not dressed very well.

Some people who have **MENTAL ILLNESSES** who have no place to go.

I think of **ABORIGINALS**.

People living in poverty can get really tired and do bad in school because **THEY DON'T HAVE ENOUGH OF WHAT THEY NEED TO LIVE.**

I see girls with 3 children smoking and **SLEEPING IN A TENT BY A BRIDGE.**



IF WE LOOK AROUND, WHERE DO WE SEE POVERTY IN CANADA?

On the **STREETS** and **PARKS**.

At **SUBWAYS** and **AROUND HIGHWAYS**.

Probably lots of **PEOPLE IN OUR SCHOOL** live in poverty. Like one out of three. That's about 50 kids in my school, and **I'M ONE OF THEM**.

In the **NATIVE REGIONS** because they get benefits and for most of them they think because they get benefits they don't have to get a job but the truth is their benefits are **BARELY ENOUGH** to even get enough food.

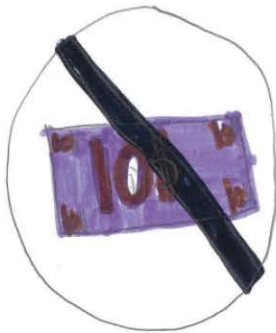
We mostly see poverty in **LARGE CITIES** like Vancouver, Montreal, Ottawa and Toronto. Vancouver especially because of its mild weather.

We see poverty in most **PLACES THAT ARE UNKEPT** and the government doesn't put as much effort into it because they can't afford to pay as high of tax as people with higher income so they tend to get run down.

In the poor areas, in all **CITIES** and **TOWNS** across Canada.

A STORY FROM THE HEART

About a year or two ago, my mom and I experienced poverty. My parents had just broken up and my dad kicked us out. We had no place to stay. After a few hours my mom said we were going to stay with my grandmother. So we did. But my mom couldn't make it to work because we didn't have a car. She almost lost her job and we didn't have any of our stuff. Not even our clothes. We went on like this for two weeks and nobody would help us. This was until my mom met a man and he helped us find an apartment and he drove my mom to work everyday.



FOR A CHILD YOUR AGE, LIVING IN POVERTY MEANS NOT BEING ABLE TO ...

My dad hadn't worked for **TWO YEARS WITH NO INCOME** and that's what it was like [hard times] and if you ever been in poverty you never look at money the same way again.

People say you're **DIRTY** all the time. People may also **MAKE FUN** of your family for not having enough money. People may say that you smell and never change clothes.

...participate in **EXTRA-CURRICULAR ACTIVITIES**.

...**GO PLACES** with your friends and you might also get made fun of for living on 'welfare'.

...**PLAY COMPETITIVE SPORTS** and playing sports is a big deal for a kid.

...have the same **QUALITY CLOTHES**, as much **FOOD**, a **HAPPY FAMILY**, and most of the time the child doesn't **APPLY THEMSELVES AT SCHOOL** as much so they don't have a very **GOOD EDUCATION**.

...**BUY LUNCH** at school or even be able to bring a lunch, and not have a baby sitter.

...**INSURE THEIR CAR/HOUSE** which means if the house burns they can't get it rebuilt unless you pay a lot of money to get wood and other stuff. And if you don't have insurance for your car then if it gets damaged it will be over \$100 even if it's a scratch on it or repainted would be over \$300.

...**LEARN** – have an education.

...have **HEALTHY FOOD** because apples are more expensive than chips.

...have enough money for **BRACES**, **MEDICINE** and the **MORTGAGE** for your house.

...**EAT** and **FEEL SAFE** and **SMILE**.

...**GO ANYWHERE** without a long wait.

...**ENJOY LIFE** and feel like your life is over.

...**HAVE A LOT OF FRIENDS** because people wouldn't want to be friends with someone if they're poor. It's unfair and wrong but still sometimes happens.



no
home



no
school



no
money



no
paper



no
TV



no
food

nothing

in the world



no
stuff

ARE THERE GROUPS THAT EXPERIENCE MORE POVERTY THAN OTHERS?

SINGLE MOMS are mostly in poverty because the guy mostly leaves. So that means that the moms get the kids who need a lot of things. I guess sometimes it is the dads but I can't say anything there. I know how hard it is because my mom is a single mom so I can't really say anything when it comes to dads.

IMMIGRANTS that come to Canada may not be able to find a job or be able to afford a house or apartment.

I do **NOT KNOW**.

Yes because some people were poor **HALF THEIR LIFE** and some people their **WHOLE LIFE**.

People that don't have a **GOOD EDUCATION** so they get a low paying job.

SENIOR CITIZENS because they are retired.

VETERANS when they come back sometimes can't find a job because people think that they don't have an education.

Yes, the **ABORIGINALS** are the poorest group in Canada.

People with **DISABILITIES** probably have to use their money to accommodate for their disability.

More **women** than men have poverty.

People with **illnesses** and **disabilities** and **mental issues**.

Kids that **run away** from home.



ARE THERE REGIONS IN CANADA THAT HAVE HIGHER LEVELS OF POVERTY?

First Nations reserves in the **NORTHWEST TERRITORIES**. They are so far away from cities or towns that none of them can find jobs, and for those of them who can find jobs they have to travel long distances.

You can see in our own **MIRAMICHI** by looking at the way our government is spending money for us and to me it's not being spent well because our roads are bad and we can't afford to build buildings that we need.

I think there is but i **DON'T KNOW WHERE**.

Yes, the **ABORIGINALS** are the poorest group in Canada.

Yes, the ones that in some cases have **LARGER POPULATIONS** and not as much money to sustain their communities... like Edmonton, Toronto, Montreal, Vancouver.

YES, some don't even have a church also don't have a priest, or a head manager for the religion. Some don't even have meeting groups.

A STORY FROM THE HEART



When I was a young girl I lived with my mom and her boy friend. What I experienced was something like poverty. My mom didn't have money for Christmas gifts, so she brought us (my four brothers and one sister) to the youth center and I got to meet Santa Claus for the first time. We had a big Christmas lunch and I went home with my first baby doll. As I grew older I got into foster care, best thing ever but you know I miss my mom but I think every child that is going through this deserves to have a second chance.

IS POVERTY SOMETHING YOU CAN SEE?

I see poverty in **CHINATOWN** and they are **ASKING FOR MONEY** but the people that walk by do not give them money.

I look near the **SUBWAY** and I see people **BEGGING FOR MONEY** with dogs and stuff.

Sometimes I see poverty at the **PARK** and places where lots of people are **PASSING BY**.

Places where the **GOVERNMENT ISN'T TAKING GOOD CARE** of people and the people don't have homes.

Children going to **SCHOOL WITHOUT BREAKFAST**.

Senior citizens **STRUGGLING TO PAY** for medication or heat houses.

Some people may look like they're fine but in reality it's a struggle to **PUT A MEAL ON THE TABLE EVERYDAY**.

We can look everywhere but sometimes the person we thought was good **IS IN THE HOLE TOO DEEP**.

There's not that much poverty in Canada but I notice there's lots of people with **NO JOBS** and **MONEY**.

QUICK FACT: According to the Food and Agriculture Organization (FAO) of the United Nations, food security exists when, "all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life". This definition was adopted by Canada. (9)

You can see it in **PEOPLES CLOTHING**, where they **LIVE**, in the food they **EAT**, in the condition of their **HOUSES**.

People that are in poverty are **TREATED DIFFERENTLY**.

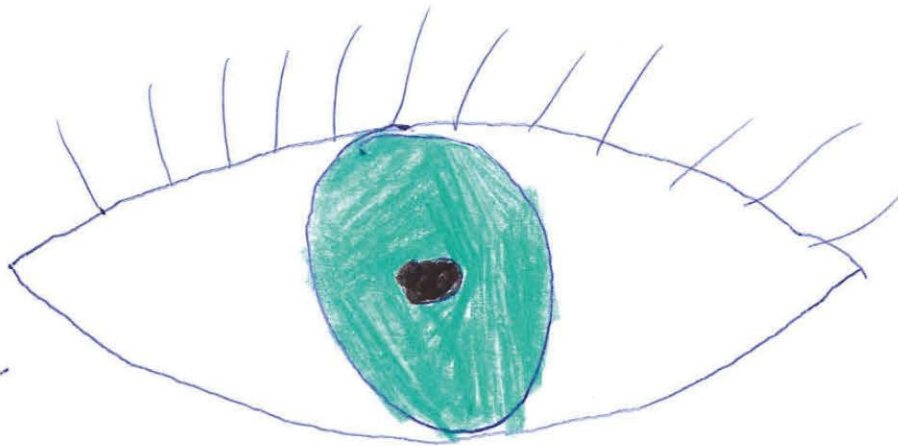
YOU CAN'T TELL if someone is living in poverty just by looking at them.

NOT NECESSARILY since some people like to eat at soup kitchens or community dinners and they also might like to shop at second hand stores...

People with a **DISABILITY**.

Some signs of poverty aren't as **OBVIOUS**.

SQUEEGEE kids.



IS THERE POVERTY IN YOUR COMMUNITY/TOWN/CITY?

YES, lots of people who **BEGGED** me for money.

YES, I have walked past **POOR PEOPLE** before and I felt bad that I could not give them money.

Overall **my community** I think is just holding on.

It really depends because it's kind of **PRIVATE**.

EVERYWHERE YOU GO you are going to find poverty because people lose their jobs regularly.

Yes there is poverty in my city. We have a lot of **FOOD DRIVES**, we have multiple **SOUP KITCHENS**, a lot of buildings in **DISREPAIR**, and a terrible amount of people living on the **STREETS**. We also have a lot of low-income **HOUSES**, but really, where is there not poverty?

Our community is poor [because of] **LACK OF RECREATION**.



QUICK FACT: Homelessness describes the situation of an individual or family without stable, permanent, appropriate housing, or the immediate prospect, means and ability of acquiring it. (3)

A STORY FROM THE HEART



Poverty is a perfect example of how humanity is run by plastic and coins. Poverty can easily be prevented but humanity is a selfish and greedy race that inhabits our planet only caring for themselves and how much plastic they process. People who live in poverty do not have the option to be greedy however they have to live like other forms of creatures on this planet constantly looking for food and safety while you complain that you don't like dinner and scrape it into the trash. If Humanity is the most intelligent species on this earth why does it let its members suffer if they do not possess enough of what we call currency?

WHAT ARE SOME NEGATIVE DESCRIPTIONS OF POVERTY?

Homeless, mean, **BAD**, dirty, does drugs, retard, lame, **CRIMINALS**, running from the cops, being kicked out from the family, **LAZY**, stupid, bum, **UGLY**, smelly, **GROSS**, weird, broke, loser, **NO EDUCATION**.

They **DESERVE** it.

They made **BAD DECISIONS**.

You **CAN'T** describe poverty **POSITIVELY**.

You can only describe poverty negatively. It's **ABUSE**, **HARD WORK** and **ACHING**.

There's a particular **LACK OF WAYS TO DESCRIBE IT NICELY**. Some people make fun of others living in "welfare neighbourhoods" because they can't afford anything else. They also call them poor for the same reason.



WHAT IS A FOOD BANK?

It is where donors **DONATE** boxed or canned foods to their **LOCAL CHARITY**. People do this to share foods that kids don't normally eat.

A place where people **HELP EACH OTHER**.

It is a place where they **SUPPLY FOOD** for you and your family and your loved ones and they give it all to you for free! Even if you have no home.

Many schools and workplaces hold food drives for the food bank. Food banks are **VERY IMPORTANT** because it feeds hungry people who might starve because they have no way to feed themselves.

I **DON'T** know.

A **CHARITY**.



WHAT IS A SHELTER OR A MISSION?

A place where homeless people stay. **SAFE HAVEN** from the outside.

A **SHELTER** is hats, scarf, mitts, etc.

A **PLACE WHERE PEOPLE CAN STAY** whether it's because they were abused or homeless or hungry.

A shelter for poverty people means a place where the government **HANDLES SOME OF THE POVERTY**. Other poverty people do not like the place so they go out and became homeless.

They fight to **END POVERTY**.

If you get evicted from your home and need **A PLACE TO STAY** until you find a place.



A STORY FROM THE HEART

I have a very strong opinion about poverty because I have lived in poverty for a long time and I wish for any one that is now [living in poverty] to never give up on life because it will turn around. If you do not know what it's like I will try to help you understand what poverty is to me.

To me poverty is a big deal . . . and it was extremely hard to get out of. Poverty is not good at all if you hear someone say 'no one in Canada lives in poverty' they are wrong or they are just ignorant! If you live in poverty you do not have enough money to pay for food, rent and most times you go on welfare. But if you go on welfare most times you still can't get out because it is next to impossible to get out. You could have family that can help you out or let you live with them or help pay bills for your house. If you live in poverty for long enough you most likely will become homeless and have to live on the streets with very little food.

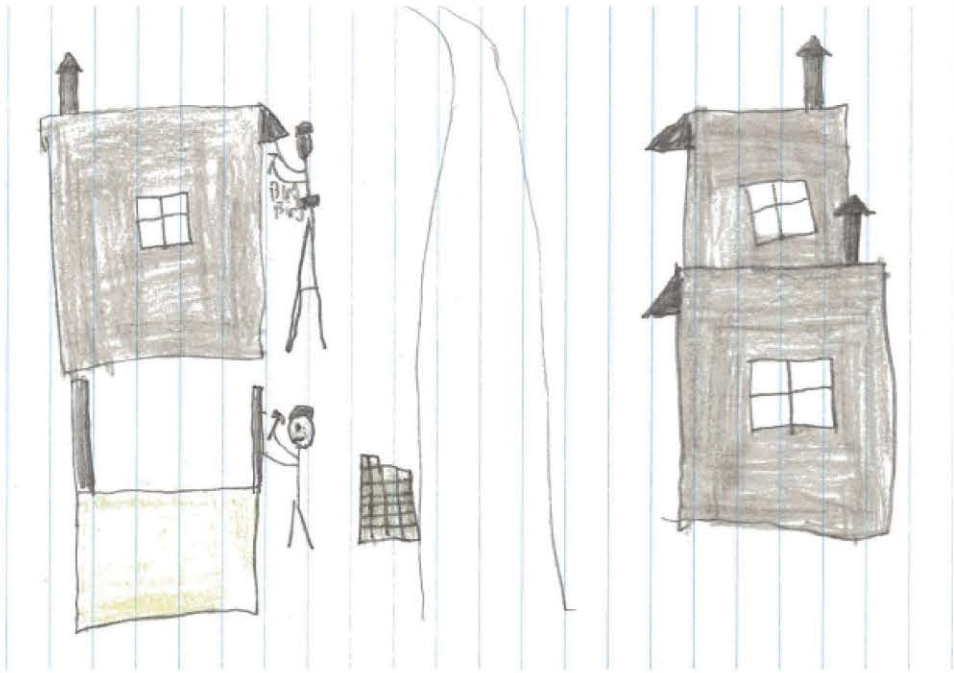
When I think of poverty I think over cramped apartments or a very poor neighbourhood and not much safety or chances of getting out of the poverty. If you are being helped by the government for a long time C.A.S. [Children's Aid Society] will come and take you [kids] away because you cannot take care of them as much as you want. If they take your kid away it will add to all the stress that you will have [and] over time that stress builds up till you sometimes will commit suicide or take drugs to deal with it all.

If you have problems with poverty do not be afraid to ask for help.

WHAT ACTIVITIES IN YOUR COMMUNITY ARE DESIGNED TO HELP THOSE LIVING IN POVERTY?

ORGANIZED SPORTS, soup kitchens, Big Brothers and Big Sisters, Jump Start, food banks, turkey drives, Salvation Army, Boys and Girls Club, Churches, clothes donations, Tim Hortons, CHAT club, Transition House, Adopt a Family, **FUNDRAISERS AT SCHOOL**, Kid's Help Phone, Men's Shelter, Habitat for Humanity, Chimo Help line, thrift shops, **SCHOOL BREAKFAST PROGRAMS**, Army hostel, Red Cross, Blue Cross, Cadets, charitable marathons, Christmas spirit drives, **SUBSIDIZED HOUSING**, ...

I don't have that here because **THERE IS NO POOR** people.



WHICH OF THESE ACTIVITIES DID YOU PARTICIPATE IN?

Winnipeg Harvest, Penny Bags, UNICEF, Ladybug Foundation,
Free the Children, **CHURCH**, food bank **DRIVES**, clothing drives,
school **FUNDRAISERS**, ...

NONE

At the **SOUP KITCHEN** almost every Monday.

I **GAVE CHANGE** that I had in my pocket that I don't need.

I once **GIVE THEM MONEY** so they can buy stuff to survive.



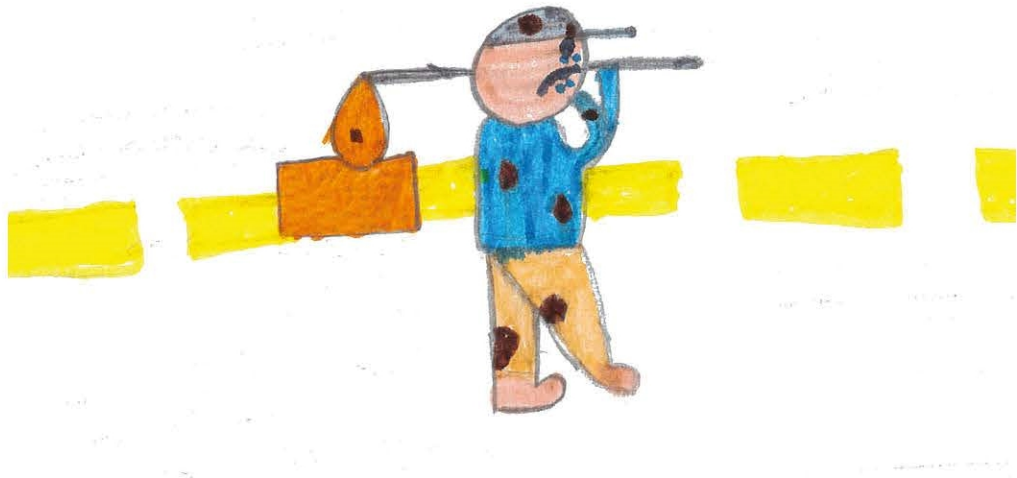
IS THERE ANY COUNTRY IN THE WORLD THAT DOESN'T HAVE POVERTY?

If there is I haven't heard of it because it **EXISTS EVERYWHERE**, just in some place more than others.

No, **NO COUNTRIES ARE THAT PERFECT**. There will be at least one people in each country without a job.

Any **RANDOM** person can just have poverty, don't make a difference of which country you are in.

There is **LESS POVERTY IN G8 COUNTRIES**, such as, Canada.



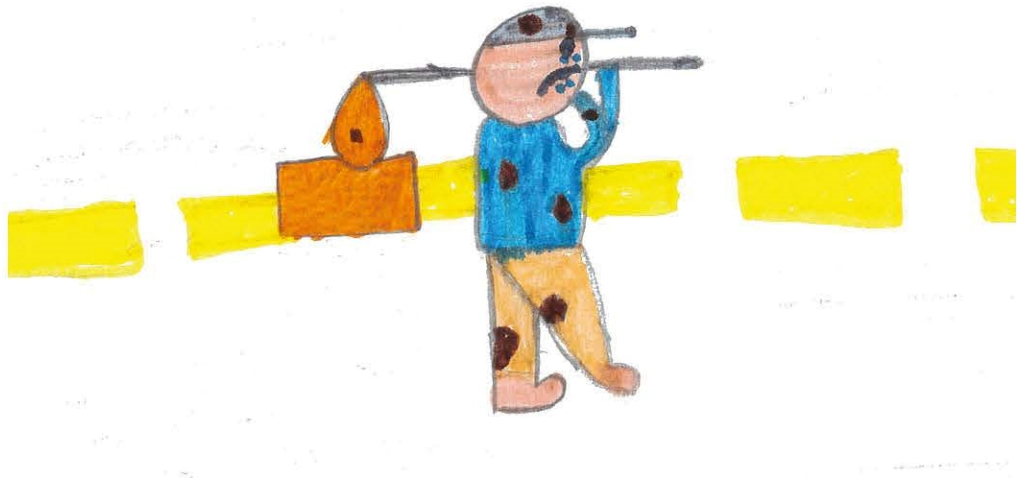
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A STORY FROM THE HEART

For a child who is in poverty they must learn to work and be proud. They try not to be noticed by the people and things they fear. The reasons why they hide their faces, stay away or run on the buses or home is because they fear what people would say if they know how they must work to get the things they want. At their home their mom or dad is working hard or two jobs for the food and everything else they have and need. The family is trying to hold on even if they all fear that they might fall all over again.



WHAT MORE COULD OUR GOVERNMENTS DO TO END POVERTY IN CANADA?

BUDGET our money better instead of spending our money on stupid things.

Create **MORE JOBS** and employment.

RAISE minimum wage.

There's **PLENTY OF THINGS** the government could do to end poverty, but I don't understand **WHY THEY AREN'T DOING THAT?**

The government can **GIVE SCHOOL SUPPLIES** to the kids in poverty.

The government could help **RAISE MONEY** for those who don't have as much as us! (speaks to the 1%)

They could **'UPGRADE'** the emergency shelters to have more beds and food and have more food banks.

They could **CREATE CLASSES** for people living on welfare so that they can get educated while they're on **WELFARE** and as soon as they're done their school they could come off of welfare and **GET A JOB**.

No matter how much money our government puts in to **SUPPORTING** people in poverty, it will run out eventually. We need to try to **STOP THE CYCLE** of poverty. The government could **CONTINUE** to put effort to avoid poverty. **TEACHING** people to stay in school, get a good job and to be able to support themselves **IS WHAT REALLY NEEDS TO HAPPEN**.

QUICK FACT: Eighty percent of all lone-parent families are headed by women. This adds up to over 1 million families, and they are among the poorest in the country. Single moms have a net worth of only about \$17,000, while single dads have about \$80,000. (7)

ENCOURAGE education and good work ethic.

Food stamp **PROGRAM**.

I think [everyone in the government] should have to live in poverty for a year to **UNDERSTAND WHAT IT'S LIKE**.

It is easy for the government to help with the poverty by **GIVING MONEY**. They give money to poverty by us voting and saying.

If when he was little [and] he had the **SAME PROBLEM**, he would have wanted **SOMEONE TO HELP HIM** (on comments made by Industry Minister James Moore "Is it my job to feed my neighbour's child? I don't think so — Dec 2013.")



QUICK FACT: The face of poverty in Canada is a woman's face: 21% of single mothers are raising their children in poverty; 36% Aboriginal Women (First Nations, Métis and Inuit); 35% visible minority women; 26% women with disabilities; 14% single senior women. (7)

WHAT MORE COULD WE DO? YOU DO?

If you are walking around town and you meet someone without a home and can't afford food, **LEND THEM A HAND**.

My grandfather puts together these breakfasts to **RAISE MONEY**, so I figure that I will do a fundraiser like that.

I'm thinking of **ORGANIZING A PLAY** to help with the poverty situation.

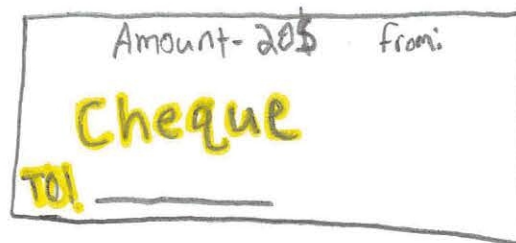
Do **FUNDRAISERS** at school more than once a year.

Go to **PROTESTS**, write **LETTERS**.

If you own a company **GIVE THEM A JOB**.

If we **HELP MORE**, there would be less people struggling and people would be living in a better community.

SOMETHING is better than **NOTHING**.





Look around, what do you see?

That right there, it's poverty.

Where's your house?

You sleep on the ground?

Look around, what do you see?

That right there is poverty.

You have no family, or no home,

Face it you are all alone.

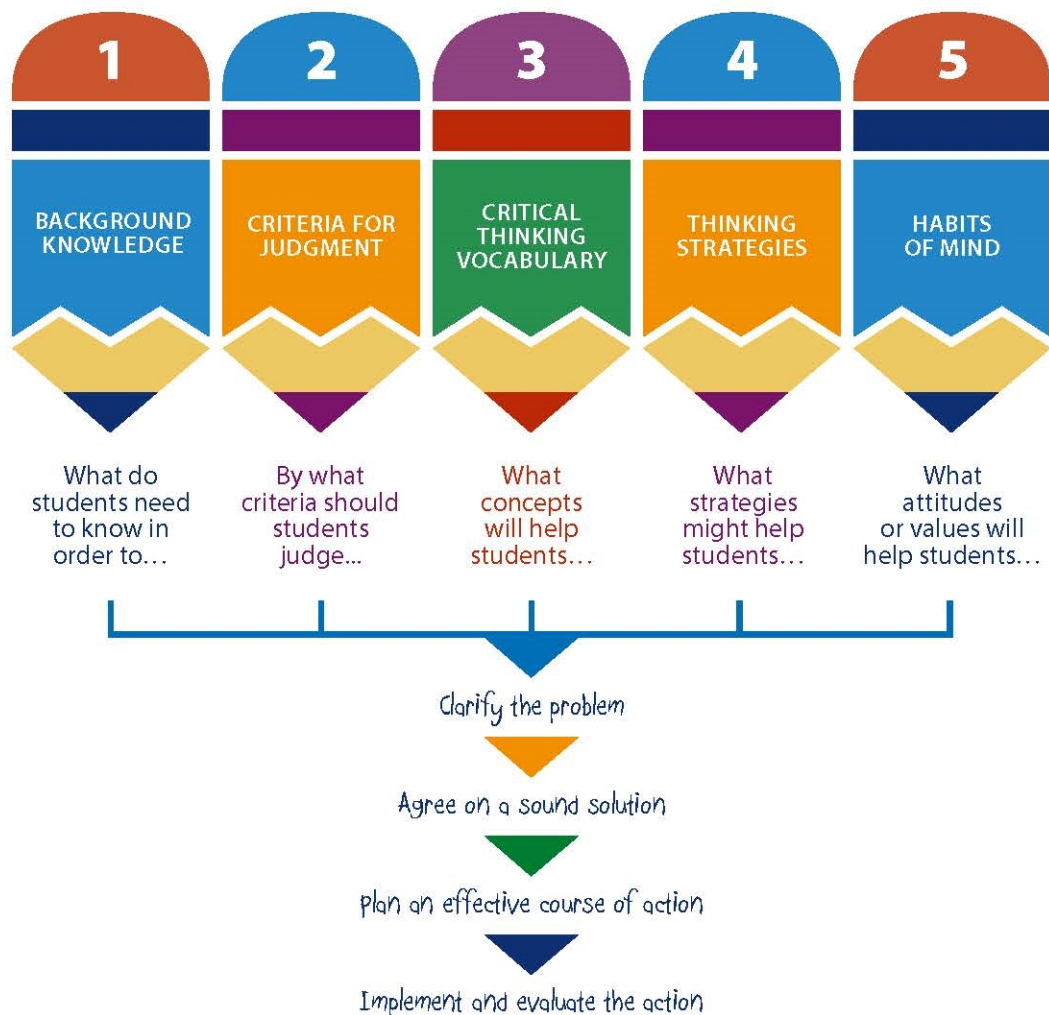
Look around, what do you see?

You are living in poverty.



TOOLS FOR SOCIAL ACTION PROJECTS*

Citizenship education has been understood in two ways: as promoting responsible citizens through reflective inquiry, and as active citizenship learned through social action. In social action projects, students typically work cooperatively with other class members on initiatives they help to identify, plan and direct. Laying the groundwork is critical: Is the project relevant? Is it doable and beneficial for students? Is it appropriate for my school and community? Does it grow out of and support the curriculum? The following graphic offers teachers an idea of the necessary tools for successful social action projects. We encourage you to access our "Making a Difference" teacher resource for additional information, and we encourage you to undertake school-community social action projects with a view to eliminating poverty.



*For more complete information about the tools, see the Imagineaction teacher resource entitled "Making a Difference", grades 5 to 8. www.imagine-action.ca

Thanks to the following schools that participated in the development of this booklet:

- Grade 7 students, French Immersion, École Golden Gate Middle School, Winnipeg, Manitoba
- Grade 8 students, Harkins Middle School, Miramichi, New Brunswick
- Grade 8 students, Dr. Losier Middle School, Miramichi, New Brunswick
- Grade 4/5 students, Janeville Elementary School, Janeville, New Brunswick
- Grade 8 students, Superior Middle School, Bathurst, New Brunswick
- Grade 5/6 students, Pauline Junior Public School, Toronto, Ontario
- Cycle 1 students, Massey-Vanier High School, Cowansville, Quebec
- Grade 8 students, St. Luke Catholic School, Smith Falls, Ontario

Special thanks to participating teachers:

Kristina L. Angel, Jayme Campbell, Cathy Chumfong, Gail Klinck, Jessica MacDonald, Janet Ramsay, Dawn Wiseman.

Very **SPECIAL THANKS** to all **students** who participated in this discussion. **YOU** did a **TREMENDOUS** job and your **WORDS OF WISDOM** will be shared and **ECHOED** by many.

CTF ADVISORY COMMITTEE ON DIVERSITY AND HUMAN RIGHTS

The conception, development and production of this booklet represent the collaborative work of teachers who are also members of the Canadian Teachers' Federation's Advisory Committee on Diversity and Human Rights of 2013-2014:

- Heather Smith, New Brunswick Teachers' Association, Committee Chair
- Karen Brown, Elementary Teachers' Federation of Ontario
- Ray Desautels, The Manitoba Teachers' Society
- Darrell DesRoches, Prince Edward Island Teachers' Federation
- Jennifer Green, Saskatchewan Teachers' Federation
- Gail Klinck, Quebec Provincial Association of Teachers

"This project was a great opportunity for students and teachers to challenge their biases and assumptions about the face of poverty in Canada and to reshape the discourse on its impact on children from aboriginal, racialized, and disabled communities." – *Karen Brown*

"This will be a fundamental and indispensable resource for teachers and students. Many students have a stereotypical view of poverty, its causes and who it can affect. Many do not realize that a family's financial situation can change overnight from one of comfort and security to one of poverty. The sudden loss of employment, divorce or the death of a family member can dramatically change their own situation in an instant." – *Ray Desautels*

"The very first thing I learned is that my students had very little understanding of poverty or its impact. Even those of my students who are living in conditions of poverty do not necessarily see themselves as being "poor." In general, they seem to be fully aware of their families' financial situation, but they perceive money - or the lack of it - as something that is managed and needs are prioritized; it's a matter-of-fact way of life that is accepted without judgment or labels." – *Gail Klinck*

"We are in a rural community where many families rely on seasonal lobster fishing as their mainstay. As well, there are no large cities nearby so exposure to panhandling etc. is non-existent. However, interestingly some of our families would be considered working poor by others but not by themselves. Strong extended family and community supports exist for families." – *Heather Smith*

- (1) Campaign 2000/Family Service Toronto. *2013 Report Card on Child and Family Poverty in Canada*, [Online], Campaign 2000/Family Service Toronto, November 2013. www.campaign2000.ca
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- (4) Make Poverty History. *End Poverty in Canada*. [Online], Make Poverty History, August 2014. www.makepovertyhistory.ca/learn/issues/end-poverty-in-canada
- (5) Food Banks Canada. *HungerCount 2013*. [Online], Food Banks Canada, 2013. www.foodbankscanada.ca/FoodBanks/MediaLibrary/HungerCount/HungerCount2013.pdf
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- (7) Canadian Women's Foundation. *The Facts About Women and Poverty*, [Online], Canadian Women's Foundation, July 2014. www.canadianwomen.org/facts-about-poverty
- (8) Crawford, Cameron. *Looking Into Poverty: Income Sources of Poor People with Disabilities in Canada*, [Online], The Institute for Research and Development on Inclusion and Society, 2013. www.ccdonline.ca/en/socialpolicy/poverty-citizenship/demographic-profile/income-sources-of-poor-people-with-disabilities
- (9) Tarasuk, Valerie, Andy Mitchell, and Naomi Dachner. *Report on Household Food Insecurity in Canada, 2012*, [Online], PROOF, 2012. <http://nutritionalsciences.lamp.utoronto.ca/resources/proof-annual-reports/annual-report-2012>
- (10) Statistics Canada. *National Household Survey User Guide*, Catalogue No. 99-000-X2011001, [Online], Government of Canada, 2013. Web version: www12.statcan.gc.ca/nhs-enm/2011/ref/nhs-enm_guide/index-eng.cfm; PDF version: www12.statcan.gc.ca/nhs-enm/2011/ref/nhs-enm_guide/99-001-x2011001-eng.pdf



ADDITIONAL RESOURCES AND LINKS

Canadian Teachers' Federation. *Social Action Projects: Making a Difference*, [Online]. www.imagine-action.ca/teachers/Resources.aspx?id=34&lang=EN&set=1

Canadian Teachers' Federation. *Social Action Projects: Making a Difference Video*, [Online]. www.imagine-action.ca/teachers/Resources.aspx?id=41

Statistics Canada. *National Household Survey Profile*, [Online]. www12.statcan.gc.ca/nhs-enm/2011/dp-pd/prof/index.cfm?Lang=E

Statistics Canada. *NHS Focus on Geography Series*, [Online]. www12.statcan.gc.ca/nhs-enm/2011/as-sa/fogs-spg/Pages/CSDSelector.cfm?lang=E&level=4

Statistics Canada. *Summary Tables*, [Online]. www.statcan.gc.ca/tables-tableaux/sum-som/l01/cst01/lfs04g-eng.htm

VitalSigns (Community foundations taking the pulse of Canadian communities). *About*, [Online]. www.vitalsignscanada.ca/en/about

