

Send a Facebook or email message to your local [MPP](#), [MP](#) or councillor (check your local municipal website).

Cut and paste the message below. If you'd like a written reply, send your mailing address.

“Dear \*\*\*\*\*

A lot of people in our community donate regularly to the food bank. It's never enough; the food bank is always running short. Food banks are supposed to provide temporary supplies while people are in emergencies but lately it seems like people are chronically short of food. It's really heartbreaking to see young moms at food banks who can barely afford to feed their children let alone themselves.

There are too many people in our local communities who can't afford to buy decent food, pay their rent, and buy other basic necessities like school supplies, transportation, clothing, and personal care items without going into debt every month. It affects their health, their mental well-being, and their ability to lead productive lives.

This year the provincial government announced a pilot project to test how a basic income guarantee will work to reduce the negative effects of poverty. Poverty hurts children, families, relationships, and communities. Our friends and neighbours should not be going hungry and suffering because they do not have enough money to cover their basic needs and live with dignity. This pilot is a start. Every level of government has a role to play in helping those living in poverty to get the food, housing, and basic necessities they need to be healthy and reach their full potential as citizens.

I urge you to stand behind income solutions like basic income guarantee, living wage and increasing and indexing social assistance rates and the minimum wage to inflation.

Thank you for your time

[Yourname]”