

COMMENTARY

Lack of resources leaves many with few choices

By Tina Osso
Guest Columnist

As I stood looking in my refrigerator, I wondered what to make for dinner ... roast chicken breast with wild rice and steamed broccoli?



How about something light ... like fresh green salad, grilled salmon and raspberry vinaigrette? The choices seemed endless as I looked at my supply of food, then I closed the door and thought maybe

I'd just order a pizza. How many of us make these choices every night without a second thought, or even get frustrated because there are too many choices? Too many choices, that is, if you have the resources: money to buy food, a refrigerator and stove to store and cook the food, utilities to run the appliances, a home to hold all of it.

Lack of resources leaves little choice. Just go spend some time at Serve City or Family Service of Middletown, drop in at Fairfield Food Pantry or Salvation Army. The people standing in line, waiting

HOW TO DONATE
Mail your contribution using the envelope enclosed in today's paper, or mail to: Community Food Relief c/o Shared Harvest Foodbank, 5901 Dixie Highway, Fairfield, OH 45014
Online at www.Journal-News.com/foodrelief

for a meal or a bag of groceries, aren't much different than you and me. Some of the folks waiting in the food line are working more than one job but still not earning enough

to keep them out of the food line. Some just lost their jobs, some are too old to work, some care for sick or disabled parents or children and some are disabled themselves. Most of us have no trouble helping people who are trying to help themselves or sacrificing their own independence to help family members or those simply unable to work.

This is where it gets tough. Some of the people in the food lines just never learned how to support themselves and now face multiple barriers to becoming self-reliant. Do we make these people suffer hunger because it

may be their "fault" they did not take advantage of the opportunities offered them? I often wonder what I would be doing had I been the product of generations of poverty. Would I be standing in the food lines, too, the victim of my own seemingly hopeless situation?

I can't find it in my heart to blame children for the circumstances of their parents or an adult who was never taught. Especially when the food we distribute would've gone to waste anyway, perfectly wholesome food destined for the dump because it is too close to its expiration date, or a

mistake was made in the labeling or processing – or it was just over produced.

The annual Community Food Relief campaign has begun and I'm asking you to help by contributing whatever you can. Every dollar you give provides eight meals to someone right here at home who will otherwise go without. I know a bag of food or a hot meal given to someone who is hungry is more than just food, it is a statement of who we are as a people, a testament to our willingness to care for each other.

Tina Osso is the executive director of Shared Harvest Foodbank.