

OCDC Hunger Strike - Max Demands

Food:

1. We need better nutrition with increased quality and quantity.
2. We need the meals that were implemented on May 25th, 2020 removed from the rotation of the Kosher and the Halal diets. We need the Halal, Kosher and Regular meals to return to their original trays or an alternative be provided. Kosher has very little meat and the Halal trays have none, this is unacceptable.
3. We request the elimination of all Halal and Kosher cold lunches that came into effect as of May 25th.
4. We request the implementation of the new meals to the different diets as there is a significant rotation issue and the same food has been here for years.
5. The meals implemented since May 25th have also had other issues, like soggy and being frozen and thawed repeatedly. This is also unacceptable.
6. We need better cereals and alternatives to Wheat Puffs. The jail must provide cereal in boxes, as they do for Kosher meals.
7. We need more fruits (better rotation of fruits, in particular apples) and vegetables.
8. We need hot water and tea bags for lunch and supper.
9. We need condiments with each lunch and supper meal.
10. We need all our meal trays to have Nutrition Facts labels added to them as recommended by the OCDC Task Force.

Canteen & Hygiene Products:

11. We need access to more hygiene products. People of colour, Black people and people with skin conditions have no options available for them. We consider this as a form of discrimination, a human rights violation. This is a section 7 violation because we do not have access to these hygiene products while we are in the care of the Ministry.
12. Many essential hygiene products (about 20; including vaseline, all lotion, argan oil, toothpaste, body wash, shampoo) have also been removed from the canteen and the jail has not provided alternative products. We need a complete overhaul of the canteen hygiene list.
 - a. We need body lotion, lotion, Vaseline, and products for sensitive and dry skin
 - b. We need liquid hand soap and antibacterial soap as we are significantly more vulnerable to COVID-19.
13. In the interim, we ask that we be provided with lotion, liquid hand soap, and body wash from the healthcare department given that this has become a health issue (2-3 bottles per unit, per week).
14. We need access to healthier, more affordable options on the canteen list, instead of overpriced junk food.
15. We request that Nutrition Facts food labels, including ingredients, or calorie intake be included on the food items in the canteen. If there are no food labels, a print out must be provided as this is a consumer issue.
16. The prices must be reduced.

17. We request that liquid drinks, cheaper protein powders, bars, and condiments be made available for purchase.
18. Canteen limit should be reverted back to the 90-dollar limit rather than reduced to \$60.

Work:

19. We need prison labour to be treated as regular labour with living wages and benefits.
20. We request three server positions by range.
21. We need servers to be provided with extra meals.
22. We need the jail to provide servers a special server yard time.
23. We request that three servers be allowed to remain on the range at all time.

Covid-19:

24. We need better cleaning supplies during this pandemic.

Recreational:

25. Open the second yard in max.
26. We need sufficient yard time guaranteed to us everyday (1 hour, and at the very least 30 minutes). Currently we are lucky if we get 20 minutes of yard daily. The Institutional Policy outlines that we must be 1 hour of fresh air per day. Furthermore, the Mandela Rules clearly states that people who are incarcerated in detention must obtain at least 1 hour per day. In Quebec and places, prisoners get 1 hour of yard time each day. We deserve to have at least an hour of yard time each day.
27. We need more TV channels. We're asking specifically for the full package of channels (all the premium channels as well as basic cable channels, which will give us around 45 to 50 channels in total).

Visits:

28. We need three visits instead of one visit a week.
29. We need visit times longer than the current 20 minutes.

Phone Service:

30. We request that phone systems be changed.
31. We need phone services to be efficient and reliable. Phone calls are continuously disconnected due to noise from exhaust fans or phone sensitivity.
32. We need the phone sensitivity to be lowered or the noise from the exhaust fan reduced or turned on only during walking hours.
33. We need the Ministry to at least extend the \$20 calling cards program that was implemented during the COVID-19 pandemic.
34. We request that the blue phone which is used to contact lawyers be changed to a working pay phone, as it is currently not operational. We need an additional phone on the range. The implementation of cards must continue.

Maintenance:

35. We request less service delays in terms of maintenance. This is breaking Human Rights as we cannot use the washroom when we are in lockdown.
36. We need maintenance repairs to be available 24/7 because currently there is no 24/7 maintenance
37. We request that brown garbage bags be provided to every cell at least once a week. Otherwise, there is an infestation of bugs.
38. We request that lights be reduced because it causes migraines and eye problems.
39. We request that tables and chairs be installed in each cell, including a window that we can look outside of.

Facilities:

40. The jail must provide water bag weights.
41. We need the exhaust fans to function independently. Currently they are used as a blanket punishment. Fans cause headaches and disrupt sleep. This is unacceptable.
42. We need the phone system to stop interrupting our calls due to a faulty three-way detection system

Healthcare:

43. We need doctors to provide prisoners with lotion, body wash, and liquid hand soap.
44. We need these hygiene products to be provided to us in interim, once a week or provide unit bottles.
45. We need access to mental health treatment and nurses. (Deepan, for example, hasn't yet been connected with a mental health nurse, despite being detained at OCDC since February.)

Religious/Spiritual Services:

46. We need regular and increased access to religious and spiritual services on a weekly basis and the ability to practice our faiths. Since this pandemic and prior we have not had access to the religious services we need. This is a violation of our international and Charter Rights.
47. We need the duration of religious/spiritual services to be increased.
48. We need access to three clocks on each range for religious purposes and for prisoners to be able to see the time on the clock. It is also a basic necessity as a lot of cells cannot see the TV.

Access to Justice:

49. We need access to duty counsel and materials for prisoners self-representing in court.
50. We need access to legal books and a photocopier for self-representing individuals.

Clothing and Bedding:

51. We need blanket exchanges on a monthly basis.