

OCDC Hunger Strike: PODS Demands

Food:

1. We need access to better nutrition: The quality and quantity of food must be improved.
2. Food needs to be heated safely and properly: the trays we receive are plastic and have signs of overheating and burning. We don't think ingesting food from burned plastic containers is healthy.
3. There needs to be a better variety of Kosher and Vegetarian meals.

Access:

4. We need to be given access to both levels of C POD: currently the two tier system is extremely restrictive. We only have 3h and a half of access time a day and the schedule makes it hard for us to talk to our families and lawyers.
5. We need more access to shared spaces (ie; access for longer periods of time).

Yard:

6. We need more yard time: even before the COVID-19 pandemic, we sometimes go on days with no access to fresh air or for as little as 20 minutes of yard access. This is unacceptable.

Access to Justice:

7. We need access to duty counsel: many of us put numerous requests to see the on-site duty counsel, but to no avail. Some prisoners are here for months and they are still unable to meet with the duty counsel despite requesting a meeting numerous times.
8. We request access to courts: we spend two years waiting for our day in court and we are supposed to be innocent until proven guilty. We feel like prisoners who are guilty are treated better than individuals who are presumed innocent. Individuals who are at provincial jails would rather plead guilty and go out on time-served or to the penitentiary as a result of the appalling provincial jail conditions.

Healthcare:

9. We need access to adequate medication.
10. We need proper follow-up when medications are changed: the healthcare staff changes our medication or dosages without consulting not following up with us.
11. We request proper access to health care professionals: we need to be able to see health care providers for feet and walking problems, and other healthcare needs on a regular and frequent basis.

Community-Based Alternatives/ and Release Supports:

12. We need more bail houses.
13. We need more support groups to help prisoners who are reintegrating society: this will help more people stay out of the carceral system.
14. We need access to Provincial Halfway Houses.

Accountability:

15. We need more accountability: OCDC staff need to be held more accountable to ensure that prisoners are being treated with respect and dignity. Prisoners are treated inhumanely and OCDC staff should be held accountable for their actions.
16. Guards must wear badge numbers: despite the ministry's claim that guards respect their code of conduct, we know that they don't. It is hard for us to hold the guard accountable if we can't identify them.
17. OCDC staff must be held accountable for the racism that is perpetuated at the jail: Indigenous peoples, Black peoples, and other minorities are humiliated and face discrimination on a daily basis. Racism must stop within the jail.
18. Bullying must be stopped and OCDC staff must be held accountable for this unacceptable behavior.
19. Unions should be held accountable for protecting the oppressors: guards, who hold and use their power to assault, injure, and kill should not be protected by a union.
20. OCDC Staff should be held accountable for not following their own procedures and rules.

Programming:

21. We need access to substance abuse programming, counseling, and mental health services: we need to be released to have access to these services outside in the community.

Canteen:

22. We need access to healthier food items in the canteen.
23. We need better prices on canteen items.
24. We need an increase on the current canteen limits.
25. We need more options for diabetic prisoners.

Recreational:

26. We need more TV channels.
27. We need access to a radio or CD player.

Magazine Subscriptions:

28. We need access to a better selection of magazines: the new policy that came into effect recently, which limits the magazine subscriptions we can receive to the same magazines sold on the canteen is highly restrictive. Why can't we subscribe to other magazines that are similar yet better than the ones offered here if we are the ones who are paying for them out of pocket?

Abolition:

29. Release all prisoners immediately: There are too many people locked down and suffering. Why shouldn't we be free in the community? Especially when a large population of us here are innocent until proven guilty and haven't had our day in court yet. With the coronavirus, the date of the trial has been pushed back in some cases as far as two years. It is not right

for us to be treated as if we're guilty and punished like we're guilty we should be free out on bail contributing to the community and keeping our families going.

30. We request more community alternatives and the abolition of all penitentiaries.
31. We demand that the Ontario Government divests from the harmful practice of human caging: the Ministry of the Solicitor General should not receive the \$500 million promised to them. Instead of being invested to build, staff, and furnish human cages, it should rather be invested in people and communities.
32. We request the release of all prisoners on remand to alternatives to incarceration that don't reproduce the same oppressions we face in here.

Elderly Prisoners:

33. We request access to Personal Support Workers for elderly prisoners and the ones living with disabilities.
34. We request that elderly prisoners be treated with respect and dignity. Elderly prisoners are continuously subject to abuse and are not afforded the proper care. Jail is worse than retirement homes for elderly individuals.

Maintenance:

35. We request that our showers be cleaned more than once a week. It is very unhygienic and unacceptable for communal showers to be washed once a week.

Clothing/Footwear:

36. We request access to better shoes: The shoes we currently receive pose a healthcare risk, especially to people with pre-existing health conditions.
37. We request the ability to wear our own clothing as permitted in other jails, prisons, and penitentiaries.
38. We request that we receive proper sized clothing: the laundry service always mixes-up our laundry and bigger clothing sizes are often not available.