

## **OCDC Hunger Strike - Women's Demands**

### **Food:**

1. We need better nutrition as per the Canada Food Guide.
2. We need fresh fruits and vegetables such as cucumber, carrots and celery. Food is insufficient in quantity and quality.

### **Strip Searches:**

3. We need the jail to stop subjecting us to strip searches: this practice is traumatizing and tantamount to sexual assault by the state

### **Hygiene/Cleanliness:**

4. We need access to conditioner and toiletries: conditioners are in high demand, especially for womxn. Our skin becomes dry and itchy and we get dandruff.

### **Recreational:**

5. We need more yard time: we only get 20 minutes a day which is not nearly enough. More time in the yard is necessary for their physical and mental health. The guards are not too busy for this, based on what folks inside have seen.)
6. We request access to fresh air: for women, the windows are closed. We can't breathe in fresh air from our cells.
7. We request that we be allowed outside two times a day: once during the day and once in the evening.

### **Programming:**

8. We need more programming, educational programs and employment opportunities:
9. We request more activities: We need more programs and schooling now that Covid-19 is under more control. (If guards can be tested for Covid and come into the prison safely, volunteers should also be able to do this so that programs can be run again.)

### **Healthcare:**

10. We need access to adequate healthcare, treatment and medication.
11. Blood work must be done properly: that was done for one woman was not handled properly, and has not been redone after this mistake.
12. We request that infections and other illnesses are taken seriously.
13. We request medication and treatment for mental illnesses like anxiety and depression. These mental illnesses are not taken seriously by the healthcare department.

### **Religious/Spiritual Ceremonies:**

14. We request access to daily smudging and the right to ceremonies: As it currently stands, OCDC does not have daily smudging ceremonies even when they are not short-staffed and have the capacity to do so.

**Release Support:**

15. We need better release plans, resources, and proper support in the community: This will prevent us from being released onto the streets if we do not have family or friends we can live with. When women get released to homelessness, we risk reproducing behaviour we are trying to stay away from.
16. We request access to better mental health services, substance abuse programs, and housing support: We need and deserve support to have basic resources (like tampons, etc.) and be connected with welfare in a timely manner.
17. We request employment programs to assist in our release: When women are released they need to be given better support in job seeking, and not given restrictions that hinder their job search and harm their chance at freedom and integration into the community and workforce. We need to be provided with resources like clothes, that we need to interview for jobs. (Many folks cannot get a job without a pardon. Without clothes and resources, finding a job is extremely difficult.)

**Solidarity:**

18. We need more people to support us upon release into the community.
19. We request more support groups.

**Release of Prisoners:**

20. We request the release of all women.
21. We request parole be given to women who are sentenced.
22. We request speedy trials for women to be released.

**Abolition:**

23. We request the abolition of prisons and an investment into community alternatives.
24. We request an increase in solutions and programs to prisoners who are released.

**Housing Support:**

25. We need more boarding houses or rooming houses for women.
26. We request proper, safe and secure long-term housing for people.