

1964? 1965?



THERE IS ENOUGH FOOD.

in this country that poor people do not have to be hungry.

The Federal government has set up some ways to help poor people get a little bit of food. It is really not enough food, BUT THE WHITE PEOPLE OF MISSISSIPPI TRY TO KEEP US FROM GETTING EVEN THAT. There are two ways that poor families should be able to get food directly from the government.

The first is called COMMODITIES.

The Federal government says that poor-people may get food all year round but if the white people who run your county say so, the food will go only to people who get welfare checks. And maybe to other poor people in winter.

The second way that poor people may get food is called FOOD STAMPS.

It works like this.

If you have money to buy food, you may get stamps with that food to buy more food. If you live in the county, and you are poor and you cook at home, you should be able to get food stamps. A good thing about food stamps is that if the county has them at all THEY MUST GIVE THEM TO ALL POOR PEOPLE IN THE COUNTY, NOT JUST THOSE WHO GET CHECKS. BUT THIS PLAN IS NO GOOD FOR PEOPLE WHO DO NOT HAVE ANY MONEY AT ALL.

The trouble with both the COMMODITIES AND FOOD STAMP plans is that if white people say that you are not poor, you can not get the food.



The Federal government does strange things too. It says that people should have certain foods every day.

MILK



2 CUPS

MEAT
OR
EGGS
OR
BEANS
OR
NUTS



2 SERVINGS

VEGETABLES
OR
FRUITS
THAT HAVE
VITAMIN C LIKE
ORANGES OR
TOMATOES

BREAD



4 SERVINGS

But do they give you those foods? And do they give you enough?

They promised FOOD and money to give poor people JOBS giving out that food.

Then they do not keep that promise.



THE PEOPLES
WANTS
FREEDOM