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**Abstract**

**Bread**

*Definition:* a staple food for sustenance.

*Slang:* for money.

*Idioms:*

1. breadwinner
2. earn one’s bread
3. on the breadline

It recently occurred to me how bread shrewdly epitomises the socio-political structures of our society. It comes in various shapes, sizes and colours, representing diversity. A person’s ability to buy, consume and provide sustenance is influenced by their socioeconomic standing; ‘earning one’s bread’ is a symbol of affluence, while being ‘on the breadline’ a representation of poverty. It reminds me of participants in my ethnographic research on the experiences of people accessing foodbank services. In sharing their stories with me, they spoke of feelings of shame, stigma, fear and loss of autonomy resulting from their hardship circumstances. This photo represents the inner experiences of many foodbank clients; feeling like rotting discards, hanging shamefully on the breadline. In reality, they are brave, strong, resilient people. Keep strong, have your bread.