

North Bay Roman Catholic Charities has been running in our community since the 1970's and is supported only through the generosity of donations and volunteer workers. The Food Bank is open every Tuesday morning and the Clothing Depot will soon be open again in May.

Clients from the entire North Bay region are served by this non-denominational service.

Our mandate is to provide this free food and clothing service to our clients in a manner that allows them to have dignity while receiving our assistance. We consistently serve 50-100 clients each week to anyone who needs assistance no matter where they live in North Bay.

With regards to our Food Bank, we find ourselves under increased pressure to respond to hungry families in need of food assistance with the number we serve increasing each year. With the cost of living in all aspects of our lives continuing to rise (rent, utilities, clothing prices, etc.) families are left with limited resources to feed their families.

We are looking for the support of our North Bay Catholic Community to help us continue our mission to feed the poor.

We appreciate all donations received at the Pro-Cathedral parish office door **DURING OFFICE HOURS** and **SEASONAL clothing** is now welcome!

It's always a good idea to call to make sure someone is available to accept your donation (705-472-3970) so items do not get left outside.

Thank you for your support!

Regional Catholic Charities
Located in Pro-Cathedral Rectory Basement

"Make us worthy, Lord, to serve those people throughout the world who live and die in poverty and hunger. Give them, through our hands, this day, their daily bread, and by our understanding love, give them peace and joy."

Mother Teresa of Calcutta



CAN YOU HELP?

**Take this list with you when
you go shopping!**

Suggested Items to Donate

- BEANS
- SPAGHETTI SAUCE
- TUNA
- CANNED PASTA
- SOUP
- PEAS
- CORN
- NOODLES
- MAC & CHEEZE
- PASTA
- RICE
- JELLO
- STEW
- PEANUT BUTTER
- POWDERED MILK
- SUGAR
- TEA
- TOILET PAPER
- Sandwich-sized BAGGIES
- CAN OPENER

Donations Welcome

♥ 472-3970 ♥