



CBS/PARADISE Community Food Bank

November 2020

Stories that Matter

A beautiful little girl came in several weeks ago. She was so excited because at her birthday party, she asked her friends to bring a money donation to give to the food bank instead of gifts. While she was there I showed her and her mom around and told her a little about the food bank. She then told me that she wanted to give her birthday money to the poor people. I gave her a hug and told her that so long as all the people have love they are not poor, but they still need food. What a smile she gave me, so so sweet.

Fay Dawe, Food Bank Coordinator

Christmas Hampers

Last year the CBS/Paradise Food Bank distribute over 437 Christmas hampers. Due to the COVID-19 situation many avenues of support for the Annual Christmas Hamper Appeal may not be available this year. The Food Bank will be relying upon financial donations to ensure families and individuals in need receive a hamper during this coming Christmas season. A hamper for 1 person \$50, 2-3 people \$75, 4-up \$100. If you are unable to donate a full hamper any donation is appreciated. Thank you.

To request a Christmas Hamper in the CBS/Paradise area please contact the CBS/Paradise Food Bank at 834-2800 by December 4th. Distribution is December 15th to the 18th from 9am-2pm Last day at the Food Bank for 2020 is December 19th and will reopen on January 5th, 2021.

You may donate through your local church, direct donations to the food bank or online by [Canada Helps.org](https://CanadaHelps.org) [cbs/paradise community food bank ltd](https://cbs/paradisecommunityfoodbank.ca)

Most Needed This Month

Teabags, coffee, sugar.

Donations Possibilities

Through planned giving or a bequest/will you can leave a legacy to help many people who don't have enough to eat.



CBSParadiseFoodBank

81 Conception Bay Hwy, C.B.S., NL
709-834-2800