

FOOD BANKS

CLICK ON THE AREA NEAR YOU TO
FIND THE DETAILS:

- Sydney
- New Waterford
- Glace Bay, Dominion, and Reserve Mines
- North Sydney and Sydney Mines
- Louisbourg & Main-a-dieu
- Baddeck and Ingonish

*These are all the locations the Cape Breton Regional Library (CBRL) serves.

Donate Food
TAKE WHAT YOU NEED, GIVE WHAT YOU CAN

food banks SYDNEY

October 2025



FOOD BANKS

St. Theresa's Food Bank

Fridays: 10:30am-3pm

7 High St, Sydney, NS, B1P 2J4

(902) 564-9235

Salvation Army Sydney Community Church

Tuesdays & Fridays: 09:00am-11:30am

55 Inglis St., Sydney, NS, B1P 5K6

(902) 562-5442 and (902) 322-1085, by appointment

Ally Centre of Cape Breton

Every Second Friday from 10:00am to 12:00pm & 1:00pm to 3:00pm

75 Prince Street, Sydney, NS, B1P 6H1

(902) 567-1766 and (902) 539-5556

*The Ally Centre of Cape Breton has a small food bank that can service clients of the centre only.

CBU Students' Union Food Bank

Monday 9:00am - 10:00am; 11:30am - 12:30pm

Tuesday 10:00am - 2:00pm

Wednesday 8:30am - 11:30am

Thursday 11:30am - 2:00pm

Friday 1:00pm - 4:00pm

1250 Grand Lake Road, Sydney, NS, B1P 6L2

(902) 563-1192

*Community Garden

CBU students only. Application required.

COMMUNITY CUPBOARDS, PANTRIES, & FOOD SUPPORT

James McConnell Memorial Library

Wednesdays & Fridays restocked at 10am

50 Falmouth St, Sydney, NS, B1P 6X9

(902) 562-3279 / *Community Garden

Every Woman's Centre

Monday-Friday: 9am-4pm

21 Trinity Avenue, Sydney, NS, B1P 4Z4

(902) 567-1212

Provides non-perishable food to women, families, and students, when available.

*Please note that this is not a food bank.

Northend Food Cupboard & Community Fridge

New Dawn Centre

37 Nepean St, Sydney, NS, B1P 6A7

Whitney Pier Little Free Pantry

954 Victoria Rd, Sydney, NS, B1N 1K7

Attached to the stairs of the St. Michael's Society Polish Village Hall.

Wentworth Park Little Free Pantry

367 Bentinck St, Sydney, Nova Scotia

Located near the duck pond in Wentworth Park off Bentinck St.

Donate Food

TAKE WHAT YOU NEED, GIVE WHAT YOU CAN

REFERENCES 211 Nova Scotia & Feed Nova Scotia

food banks **NEW WATERFORD**

October 2025



FOOD BANKS

New Waterford Food Bank

Tuesday & Friday: 09:30 AM - 12:00 PM

3510 Union Hwy, River Ryan, NS, B1H 1B2

(902) 862-3779

Emergency food support

COMMUNITY CUPBOARDS, PANTRIES, & FOOD SUPPORT

New Waterford Library

Monday: 12:30 pm - 8:00 pm

Tuesday-Thursday: 9:30am-8pm

Friday: 9:30am-6pm

Saturday: 9:30am-5pm

3390 Plummer Ave, New Waterford, NS

B1H 4K4

(902) 862-2892

Souls Harbour Rescue Mission

Drop In Centre

Monday-Friday: 12pm-2pm

471 Mahon Street in New Waterford

(902) 405-4663 / hello@shrm.ca



Donate Food

SHARE FOOD & SHARE HOPE

REFERENCES [211 Nova Scotia](#) & [Feed Nova Scotia](#)

food banks
**GLACE BAY,
DOMINION &
RESERVE MINES**

October 2025



FOOD BANKS

Glace Bay Food Bank Society

- Food hampers are distributed Monday–Thursday from 9am–12 noon and on Friday from 9am–11am.
- Hot meals are served Monday–Friday from 9am–11am.

2 Hector St., Glace Bay, NS, B1A 3B8

(902) 849-0750

*Community Garden

The Salvation Army - Glace Bay

Community and Family Services

Monday–Thursday: 9am–3pm

40 Union Street, Glace Bay, NS, B1A

2P5

(902) 849-1041

By appointment *Leave a message

Emergency food support

COMMUNITY CUPBOARDS, PANTRIES, & FOOD SUPPORT

Food pantry Dominion Volunteer Fire Department

14 Commercial St, Glace Bay, NS B1G 1B4

Coal Coast Community Garden

111 West St, Donkin, NS, B1A 6T4

(204) 271-4904

libbylavelle@gmail.com

Undercurrent Youth Center

Comfort Closet

224 York St (PO Box 278) Glace Bay, NS,

Canada, Nova Scotia B1A 5V4

(902) 849-7559

Info@undercurrentyc.com

Check availability first

Donate Food

SHARE FOOD & SHARE HOPE



food calendar NORTH SYDNEY & SYDNEY MINES

October 2025



FOOD BANKS

North Sydney Food Bank Society

The food bank is open for clients on Fridays, 9am–12 noon.

The food bank is closed on the last Friday of the month.

(902) 794-1104

*Community Garden.

By appointment

Sydney Mines Food Bank Society

Fridays: 12:30pm to 3pm

- *Open the 1st three Fridays of the month (If there are 5 Fridays in a month, then open on the 4th Friday).

1 Cottage Street, Sydney Mines, NS,
B1V 2N3

(902) 544-1247

COMMUNITY CUPBOARDS, PANTRIES, & FOOD SUPPORT

Bobby Joe Memorial Park

Commercial St, North Sydney

Community CARES Youth Outreach

Community Food Pantry

The community pantry is available 24 hours a day

55 King Street, Sydney Mines, NS, B1V 2Y4

(902) 544-0049

Donate Food

SHARE FOOD & SHARE HOPE

REFERENCES [211 Nova Scotia](#) & [Feed Nova Scotia](#)



food banks

LOUISBOURG & MAIN-A-DIEU

October 2025



FOOD BANKS

CAW Louisbourg Food Bank

Society.

5 Mitchell Street, Louisbourg, NS,

B1C 1G9

902-733-2965 – Leave a Message

902-733-2855

By appointment

Donate Food

SHARE FOOD & SHARE HOPE

REFERENCES 211 Nova Scotia & Feed Nova Scotia



food banks **BADDECK & INGONISH**

October 2025



FOOD BANKS

North of Smokey Food Bank

*Open on the 3rd Thursday of the month from 10am-12 noon.

*Food bank dates are posted on Facebook.

36068 Cabot Trail, Ingonish, NS, B0C 1K0

902-285-2665 / 902-565-9030

To request a food hamper

Helping Hands South of Smokey Society

Tue. 10am to 12pm

Wed. 10am to 12pm

*Open on the second Tuesday and Wednesday of the month, 10am-12 noon.

526 Chebucto Street, Baddeck, NS, B0E 1B0

(902) 295-1847

By appointment

COMMUNITY

CUPBOARDS, PANTRIES, & FOOD SUPPORT

Baddeck Library

Tuesday-Thursday: 10am-8pm

Friday & Saturday: 10am-5pm

520 Chebucto St, Baddeck, NS

B0E 1B0

(902) 295-2055

A fridge is also available.



Donate Food

SHARE FOOD & SHARE HOPE

REFERENCES 211 Nova Scotia & Feed Nova Scotia

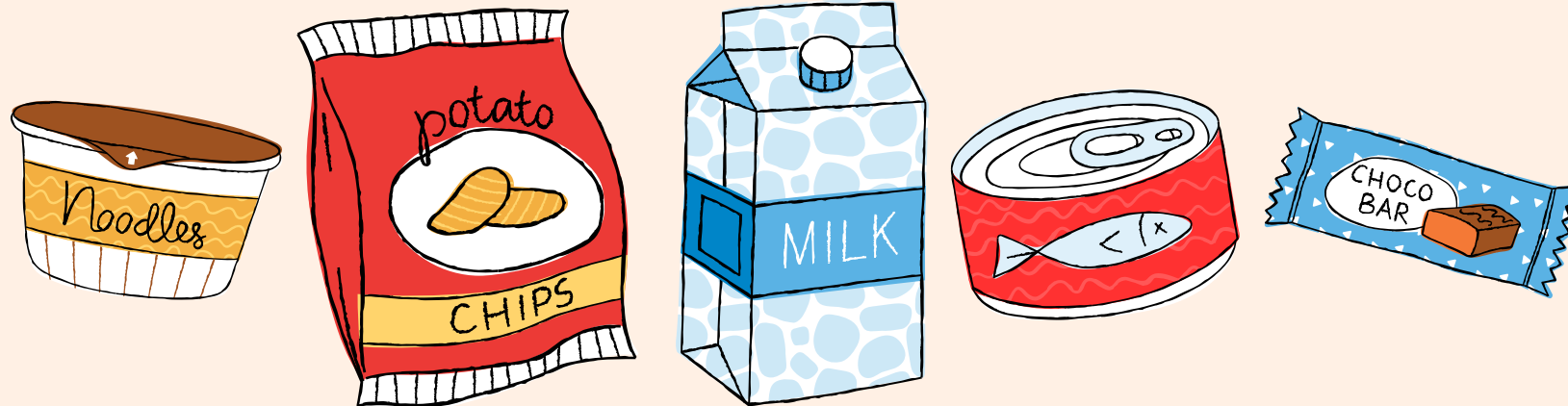
DID YOU KNOW?



Cape Breton
Regional
Library



THE CAPE BRETON REGIONAL LIBRARY HAS **3 COMMUNITY CUPBOARDS** STOCKED WITH FREE FOOD AND ESSENTIAL ITEMS. THESE CUPBOARDS ARE SUPPORTED BY PROVINCIAL FUNDING AND **COMMUNITY DONATIONS**, AND **YOU CAN HELP KEEP THEM FULL!**



ITEMS NEEDED

- Granola bars
- Canned tuna or chicken
- Nut butter
- Trail mix or mixed nuts
- Crackers and rice cakes
- Applesauce or fruit cups
- Instant oatmeal packets
- Shelf-stable or plant-based milk
- Canned soup or stew
- Pasta, rice, and sauce
- Hygiene items (soap, toothpaste, wipes)

WANT TO DO MORE?

WE ALSO ENCOURAGE YOU TO DONATE TO YOUR **LOCAL FOOD BANK** OR A COMMUNITY CUPBOARD NEAR YOU!

EVERY LITTLE BIT HELPS, AND **SHELF-STABLE**, NUTRITIOUS ITEMS ARE ESPECIALLY APPRECIATED.

Donate Food

TAKE WHAT YOU NEED, GIVE WHAT YOU CAN

CUPBOARDS & DROP-OFF LOCATIONS

**MCCONNELL
LIBRARY**

**NEW WATERFORD
LIBRARY**

**BADDECK LIBRARY
A FRIDGE IS AVAILABLE**