

# FOOD CALENDAR Sydney

CLICK THE ORGANIZATION'S NAME FOR DETAILS

COMMUNITY CUPBOARDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>JAMES MCCONNELL MEMORIAL LIBRARY</u> 50 FALMOUTH ST, SYDNEY, NS, B1P 6X9</p> <p><u>EVERY WOMAN'S CENTRE</u> 21 TRINITY AVENUE, SYDNEY, NS, B1P 4Z4</p> <p><u>NORTHEND SYDNEY FOOD PANTRY</u> 37 NEPEAN ST, SYDNEY, NS, B1P 6A7</p> <p><u>WHITNEY PIER LITTLE FREE PANTRY</u> 954 VICTORIA RD, SYDNEY, NS, BIN 1K7</p> <p><u>WENTWORTH PARK LITTLE FREE PANTRY</u> 367 BENTINCK ST, SYDNEY, NOVA SCOTIA</p>	<p><u>CBU STUDENTS' UNION FOOD BANK</u> MONDAY 9:00AM - 10:00AM; 11:30AM - 12:30PM 1250 GRAND LAKE ROAD, SYDNEY, NS, B1P 6L2 (902) 563-1192 *COMMUNITY GARDEN <b>CBU STUDENTS ONLY. APPLICATION REQUIRED.</b></p> <p><u>LOAVES AND FISHES</u> MON TO SUN 10:00 - 11:45AM 139 CHARLOTTE STREET SYDNEY, NS, B1P 6H7 CANADA 902-539-5182</p>	<p><u>SALVATION ARMY - SYDNEY FOOD BANK</u> TUE &amp; FRI 9AM-11:30AM 55 INGLIS ST., SYDNEY, NS, B1P 5K6 <b>CALL TO MAKE AN APPOINTMENT</b> 902-322-1085</p> <p><u>CBU STUDENTS' UNION FOOD BANK</u> TUESDAY 10:00AM - 2:00PM</p> <p><u>LOAVES AND FISHES</u> MON TO SUN 10:00 - 11:45AM</p> <p><u>CAPE BRETON YOUTH PROJECT</u> TUESDAY &amp; WEDNESDAY FROM 3PM-5PM 170 GEORGE STREET, SUITE 115 SYDNEY, NS, B1P 1J2 902-562-3510</p>	<p><u>CBU STUDENTS' UNION FOOD BANK</u> WEDNESDAY 8:30AM - 11:30AM</p> <p><u>LOAVES AND FISHES</u> MON TO SUN 10:00 - 11:45AM</p> <p><u>CAPE BRETON YOUTH PROJECT</u> TUESDAY &amp; WEDNESDAY FROM 3PM-5PM 170 GEORGE STREET, SUITE 115 SYDNEY, NS, B1P 1J2 902-562-3510</p>	<p><u>CBU STUDENTS' UNION FOOD BANK</u> THURSDAY 11:30AM - 2:00PM</p> <p><u>LOAVES AND FISHES</u> MON TO SUN 10:00 - 11:45AM 139 CHARLOTTE STREET SYDNEY, NS, B1P 6H7 CANADA 902-539-5182</p>	<p><u>SALVATION ARMY - SYDNEY FOOD BANK</u> TUE &amp; FRI 9AM-11:30AM <b>CALL TO MAKE AN APPOINTMENT</b></p> <p><u>ST THERESA'S FOOD BANK</u> FRI 10AM TO 3PM 7 HIGH ST, SYDNEY, NS, B1P 2J4 (902) 564-9235</p> <p><u>ALLY CENTRE OF CAPE BRETON</u> EVERY SECOND FRIDAY FROM 10:00A TO 12:00P &amp; 1:00P TO 3:00P</p> <p><u>CBU STUDENTS' UNION FOOD BANK</u> FRIDAY 1:00PM - 4:00PM</p> <p><u>LOAVES AND FISHES</u> MON TO SUN 10:00 - 11:45AM</p>	<p><u>LOAVES AND FISHES</u> MON TO SUN 10:00 - 11:45AM 139 CHARLOTTE STREET SYDNEY, NS, B1P 6H7 CANADA 902-539-5182</p>	<p><u>LOAVES AND FISHES</u> MON TO SUN 10:00 - 11:45AM 139 CHARLOTTE STREET SYDNEY, NS, B1P 6H7 CANADA 902-539-5182</p>

# FOOD CALENDAR New Waterford; Louisbourg; Main-a-dieu

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COMMUNITY CUPBOARDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>NEW WATERFORD LIBRARY</b> 3390 PLUMMER AVE, NEW WATERFORD, NS B1H 4K4 (902) 862-2892	<u>SOULS HARBOUR NEW WATERFORD DROP-IN CENTRE</u> MON TO FRI 12PM - 2PM 471 MAHON STREET NEW WATERFORD, NS, B1H 3J5 902-405-4663 EXT 409 / HELLO@SHRM.CA	<u>NEW WATERFORD FOOD BANK TUESDAY &amp; FRIDAY: 09:30 AM - 12:00 PM</u> 5310 UNION HIGHWAY RIVER RYAN, NS, B1H 1B2 SIDE DOOR BASEMENT OF ST LEONARD'S PASTORAL CENTRE (902) 862-3779	<u>SOULS HARBOUR NEW WATERFORD DROP-IN CENTRE</u> MON TO FRI 12PM - 2PM 471 MAHON STREET NEW WATERFORD, NS, B1H 3J5 902-405-4663 EXT 409 / HELLO@SHRM.CA	<u>SOULS HARBOUR NEW WATERFORD DROP-IN CENTRE</u> MON TO FRI 12PM - 2PM 471 MAHON STREET NEW WATERFORD, NS, B1H 3J5 902-405-4663 EXT 409 / HELLO@SHRM.CA	<u>NEW WATERFORD FOOD BANK TUESDAY &amp; FRIDAY: 09:30 AM - 12:00 PM</u> 5310 UNION HIGHWAY RIVER RYAN, NS, B1H 1B2 SIDE DOOR BASEMENT OF ST LEONARD'S PASTORAL CENTRE (902) 862-3779		
						<b>CAW LOUISBOURG FOOD BANK SOCIETY</b> 5 MITCHELL STREET, LOUISBOURG, NS, B1C 1G9 SERVICE MAIN-A DIEU AS WELL. 902-733-2965 - LEAVE A MESSAGE 902-733-2855 <b>BY APPOINTMENT</b>	

NOTE: SUMMER & HOLIDAY HOURS MAY VARY.  
 LAST UPDATED: MAR. 4, 2026

# FOOD CALENDAR

Glace Bay; Dominion; Reserve Mines

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FOOD SUPPORT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>FOOD PANTRY DOMINION VOLUNTEER FIRE DEPARTMENT</b> 14 COMMERCIAL ST, GLACE BAY, NS B1G 1B4	<u>GLACE BAY FOOD BANK SOCIETY</u> 2 HECTOR ST., GLACE BAY, NS, B1A 3B8 (902) 849-0750 *9AM-12PM	<u>GLACE BAY FOOD BANK SOCIETY</u> 2 HECTOR ST., GLACE BAY, NS, B1A 3B8 (902) 849-0750 *9AM-12PM	<u>GLACE BAY FOOD BANK SOCIETY</u> 2 HECTOR ST., GLACE BAY, NS, B1A 3B8 (902) 849-0750 *9AM-12PM	<u>GLACE BAY FOOD BANK SOCIETY</u> 2 HECTOR ST., GLACE BAY, NS, B1A 3B8 (902) 849-0750 *9AM-12PM	<u>GLACE BAY FOOD BANK SOCIETY</u> <ul style="list-style-type: none"> <li>FOOD HAMPERS ARE DISTRIBUTED MONDAY-THURSDAY FROM 9AM-12 NOON AND ON <b>FRIDAY FROM 9AM-11AM.</b></li> <li>HOT MEALS ARE SERVED <b>MONDAY-FRIDAY FROM 9AM-11AM.</b></li> </ul> 2 HECTOR ST., GLACE BAY, NS, B1A 3B8 (902) 849-0750 *COMMUNITY GARDEN			
	COAL COAST COMMUNITY GARDEN 111 WEST ST, DONKIN, NS, B1A 6T4 (204) 271-4904 LIBBYLAVELLE@GMAIL.COM	<u>THE SALVATION ARMY - GLACE BAY COMMUNITY AND FAMILY SERVICES</u> MONDAY-THURSDAY: 9AM-3PM 40 UNION STREET, GLACE BAY, NS, B1A 2P5 (902) 849-1041 <b>BY APPOINTMENT</b> <b>*LEAVE A MESSAGE</b>	<u>THE SALVATION ARMY - GLACE BAY COMMUNITY AND FAMILY SERVICES</u> MONDAY-THURSDAY: 9AM-3PM 40 UNION STREET, GLACE BAY, NS, B1A 2P5 (902) 849-1041 <b>BY APPOINTMENT</b> <b>*LEAVE A MESSAGE</b>	<u>THE SALVATION ARMY - GLACE BAY COMMUNITY AND FAMILY SERVICES</u> MONDAY-THURSDAY: 9AM-3PM BY APPT.	<u>THE SALVATION ARMY - GLACE BAY COMMUNITY AND FAMILY SERVICES</u> MONDAY-THURSDAY: 9AM-3PM BY APPT.			
	<u>UNDERCURRENT YOUTH CENTER OPEN COMFORT CLOSET</u> <b>MONDAYS &amp; TUESDAYS: 10:30AM-1PM</b> 224 YORK ST (PO BOX 278) GLACE BAY, NS, CANADA, NOVA SCOTIA B1A 5V4 (902) 849-7559 INFO@UNDERCURRENTRYC.COM	OPEN COMFORT CLOSET MON & TUE: 10:30AM-1PM	OPEN COMFORT CLOSET MON & TUES: 10:30AM-1PM	<u>FREE COMMUNITY BREAKFAST - TOWN HOUSE CSL</u> 10:00 - 11:00AM  YOUTH GROUP - GLACE BAY UNITED CHURCH 6:30 - 8:00PM 44 FIFTH ST, GLACE BAY, NS B1A 5R1	<u>FREE COMMUNITY BREAKFAST - TOWN HOUSE CSL</u> 10:00 - 11:00AM 125 COMMERCIAL ST, GLACE BAY, NS B1A 3C1			

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 LAST UPDATED: MAR. 4, 2026

# FOOD CALENDAR North Sydney; Sydney Mines

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FOOD SUPPORT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>BOBBY JOE MEMORIAL PARK COMMERCIAL ST, NORTH SYDNEY</b></p> <p>COMMUNITY CARES YOUTH OUTREACH COMMUNITY FOOD PANTRY THE PANTRY IS AVAILABLE 24 HOURS A DAY 55 KING STREET, SYDNEY MINES, NS, B1V 2Y4 (902) 544-0049</p> <p><u>CLIFFORD STREET YOUTH CENTRE</u> OPEN 2-5PM, MONDAY-FRIDAY, AND A FEW EVENINGS A WEEK. (902) 794-9371</p>	<p><u>NSK NORTHSIDE SOUP KITCHEN</u> MONDAYS AND TUESDAYS FROM 11 AM TO 1 PM 127 BROOK STREET, NORTH SYDNEY, NS</p>	<p><u>NORTH SYDNEY FOOD BANK SOCIETY</u> TUE, WED, AND THURS FROM 10AM-1PM 25 WILKIE AVENUE NORTH SYDNEY, NS, B2A 1Y5 902-794-1104</p>	<p><u>NORTH SYDNEY FOOD BANK SOCIETY</u> TUE, WED, AND THURS FROM 10AM-1PM 25 WILKIE AVENUE NORTH SYDNEY, NS, B2A 1Y5 902-794-1104</p>	<p><u>NORTH SYDNEY FOOD BANK SOCIETY</u> TUE, WED, AND THURS FROM 10AM-1PM 25 WILKIE AVENUE NORTH SYDNEY, NS, B2A 1Y5 902-794-1104</p>	<p><u>SYDNEY MINES FOOD BANK SOCIETY</u> FRIDAYS: 12:30PM TO 3PM</p> <ul style="list-style-type: none"> <li>OPEN THE 1ST THREE/FOUR FRIDAYS OF THE MONTH</li> </ul> <p>1 COTTAGE STREET, SYDNEY MINES, NS, B1V 2N3 (902) 544-1247</p>		
	<p><u>SOULS HARBOUR RESCUE MISSION</u> HOT MEAL PROGRAM</p> <p>MONDAY-FRIDAY: 12PM TO 2PM</p> <p>848 MAIN STREET SYDNEY MINES, NS, B1P 1W5 (902) 405-4663</p>	<p><u>NSK NORTHSIDE SOUP KITCHEN</u> MONDAYS AND TUESDAYS FROM 11 AM TO 1 PM 127 BROOK STREET, NORTH SYDNEY, NS</p>	<p><u>SOULS HARBOUR RESCUE MISSION</u> HOT MEAL PROGRAM</p> <p>MONDAY-FRIDAY: 12PM TO 2PM</p> <p>848 MAIN STREET SYDNEY MINES, NS, B1P 1W5 (902) 405-4663</p>	<p><u>SOULS HARBOUR RESCUE MISSION</u> HOT MEAL PROGRAM</p> <p>MONDAY-FRIDAY: 12PM TO 2PM</p> <p>848 MAIN STREET SYDNEY MINES, NS, B1P 1W5 (902) 405-4663</p>	<p><u>SOULS HARBOUR RESCUE MISSION</u> HOT MEAL PROGRAM</p> <p>MONDAY-FRIDAY: 12PM TO 2PM</p> <p>848 MAIN STREET SYDNEY MINES, NS, B1P 1W5 (902) 405-4663</p>		
	<p><u>SOULS HARBOUR RESCUE MISSION</u> HOT MEAL PROGRAM</p> <p>MONDAY-FRIDAY: 12PM TO 2PM</p>						

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# FOOD CALENDAR Baddeck; Ingonish

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COMMUNITY CUPBOARDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>BADDECK LIBRARY</u> TUESDAY-THURSDAY: 10AM-8PM FRIDAY &amp; SATURDAY: 10AM-5PM 520 CHEBUCTO ST, BADDECK, NS BOE 1B0 (902) 295-2055 <b>A FRIDGE IS ALSO AVAILABLE.</b></p>		<p><u>HELPING HANDS SOUTH OF SMOKEY SOCIETY</u> 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, BOE 1B0 (902) 295-1847 <b>BY APPOINTMENT</b></p>	<p><u>HELPING HANDS SOUTH OF SMOKEY SOCIETY</u> 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, BOE 1B0 (902) 295-1847 <b>BY APPOINTMENT</b></p>	<p><u>NORTH OF SMOKEY FOOD BANK</u> *OPEN ON THE 3RD THURSDAY OF THE MONTH FROM 10AM-12 NOON. *FOOD BANK DATES ARE POSTED ON FACEBOOK. 36068 CABOT TRAIL, INGONISH, NS, BOC 1K0 902-285-2665 / 902-565-9030 <b>TO REQUEST A FOOD HAMPER</b></p>			

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