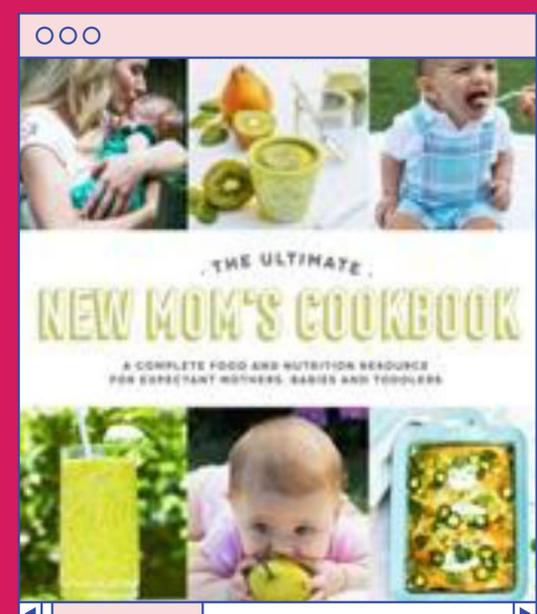
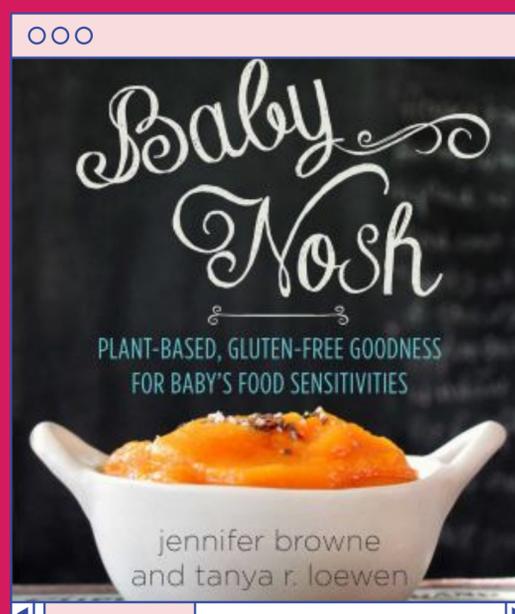
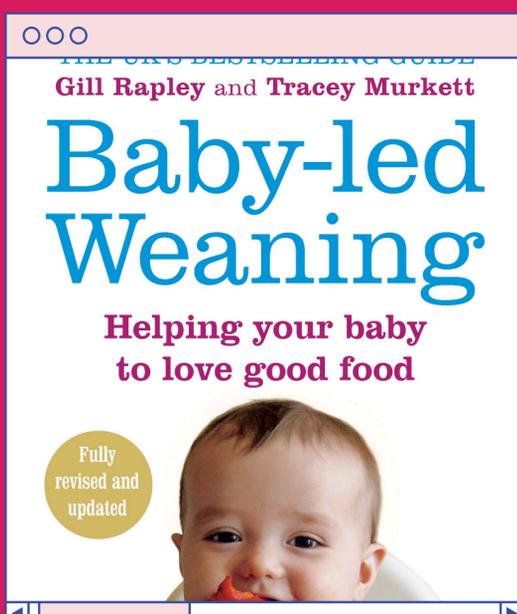
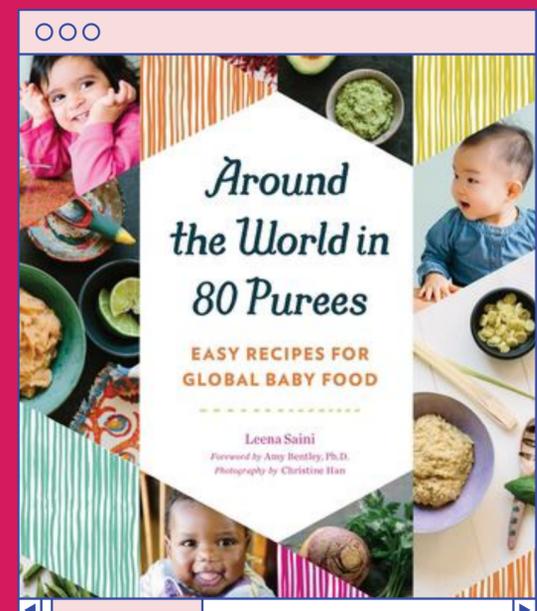
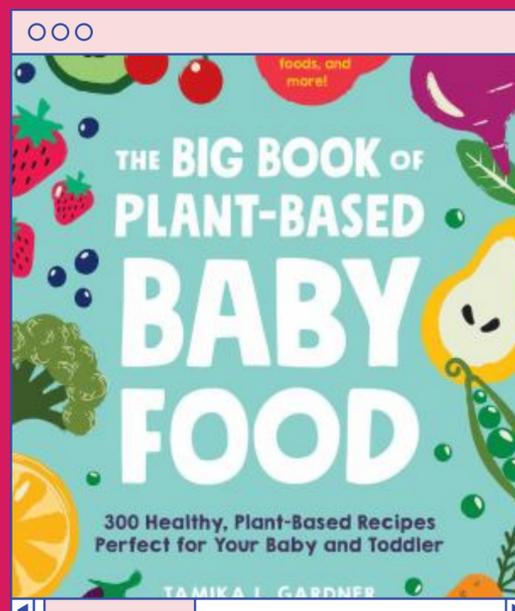
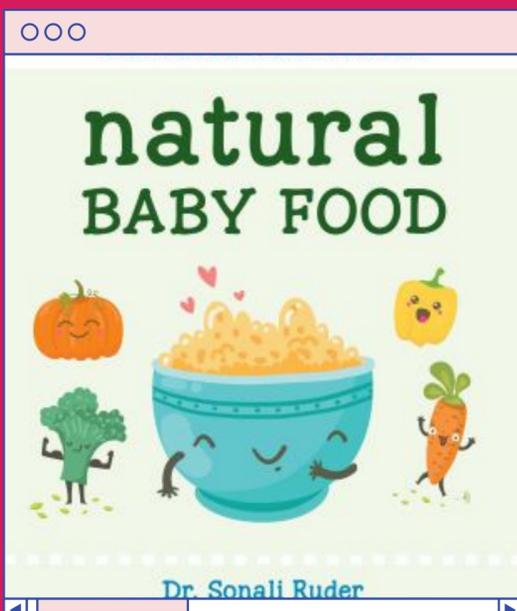
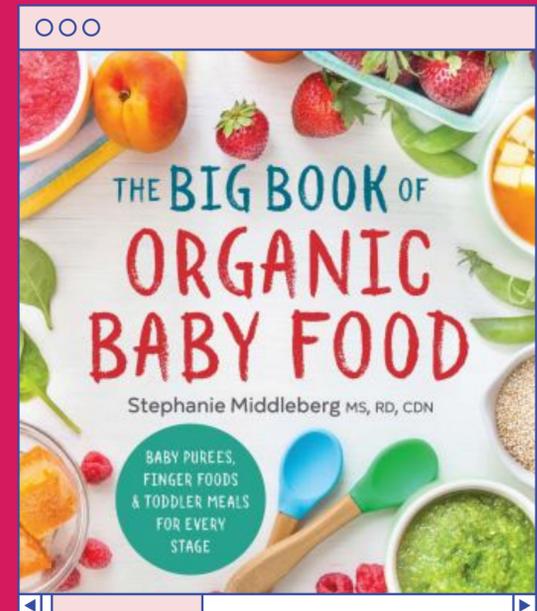
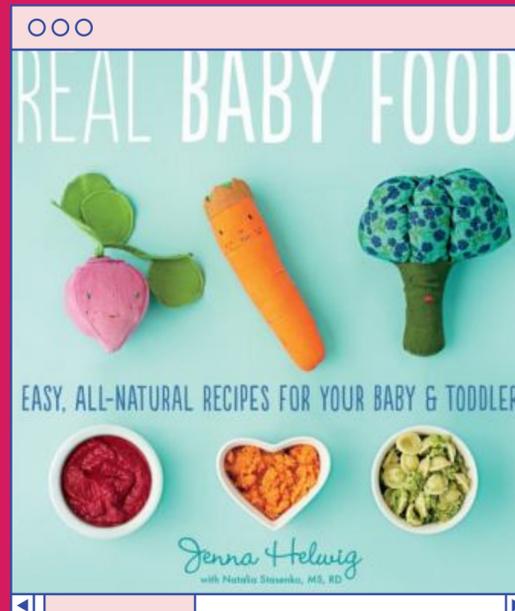
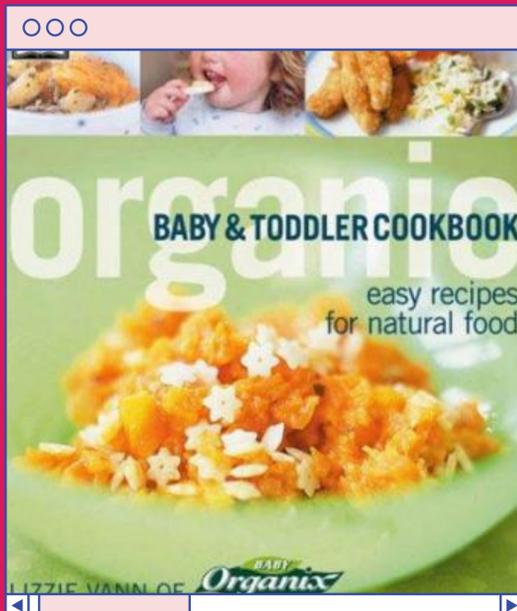


Baby Food

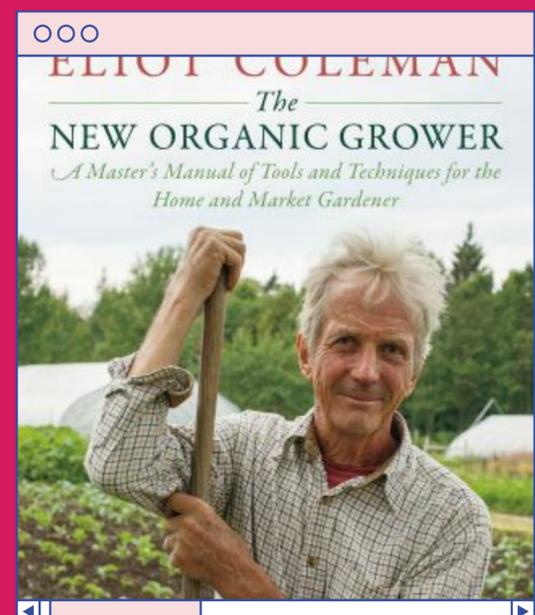
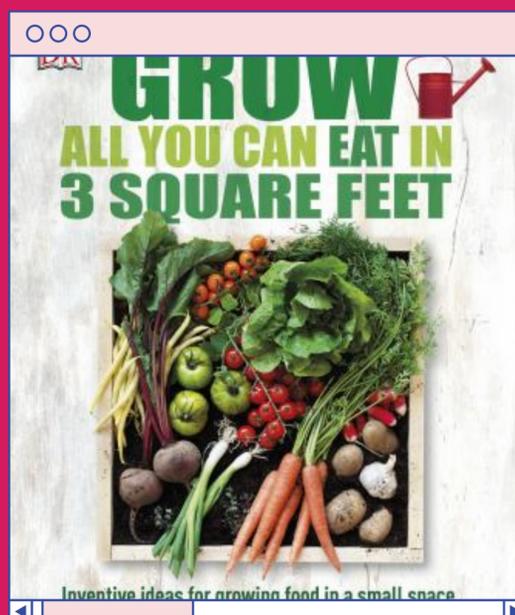
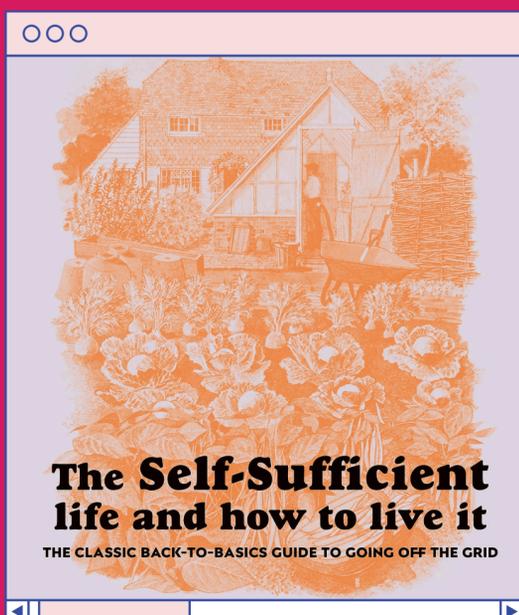
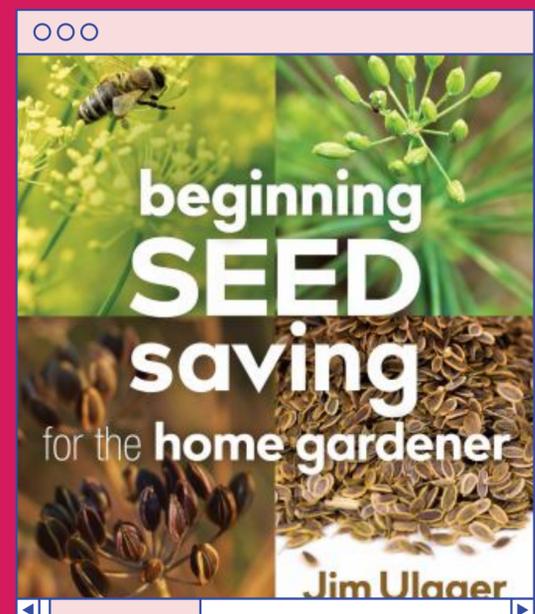
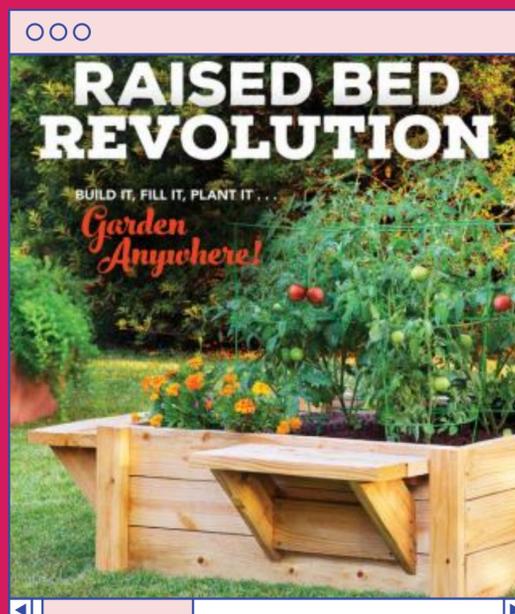
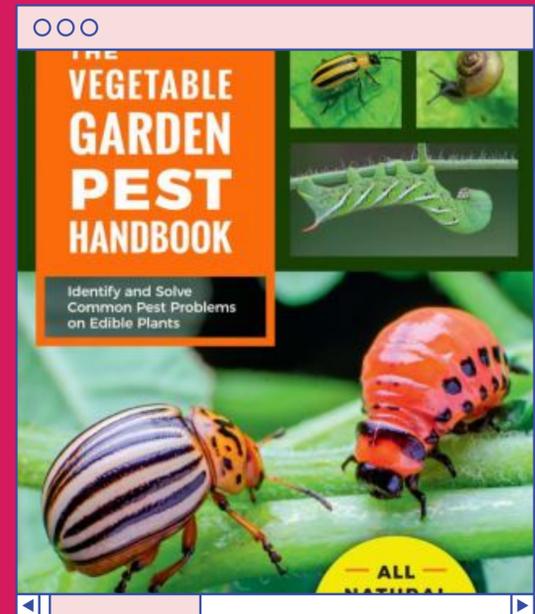
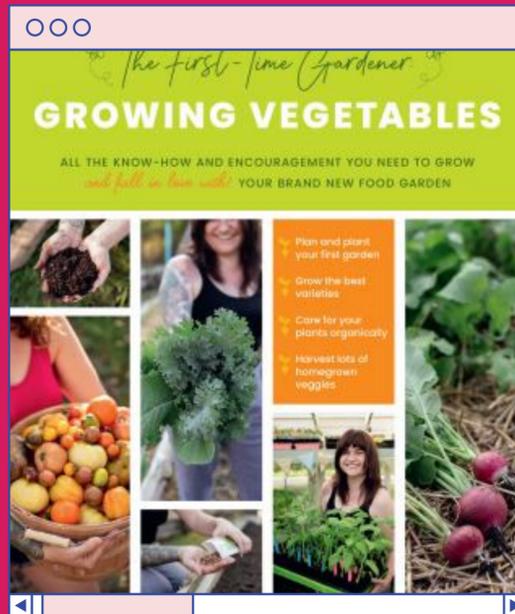
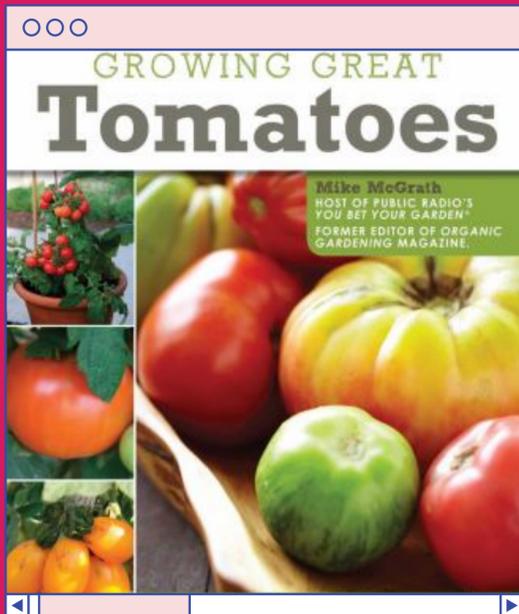
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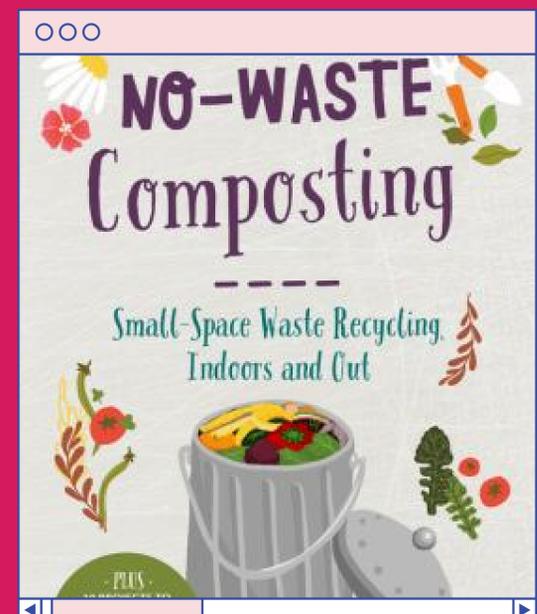
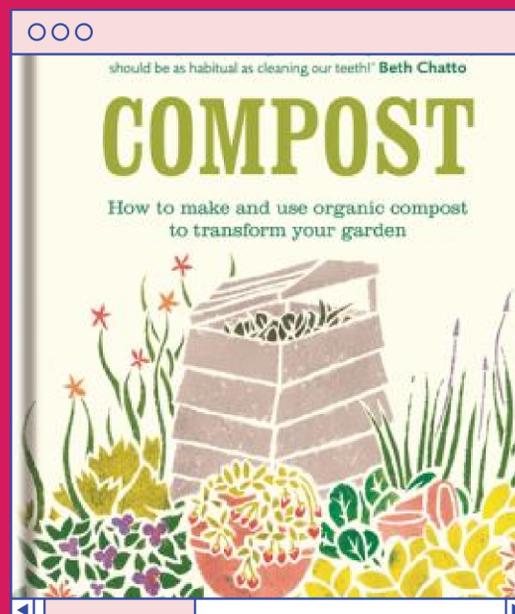
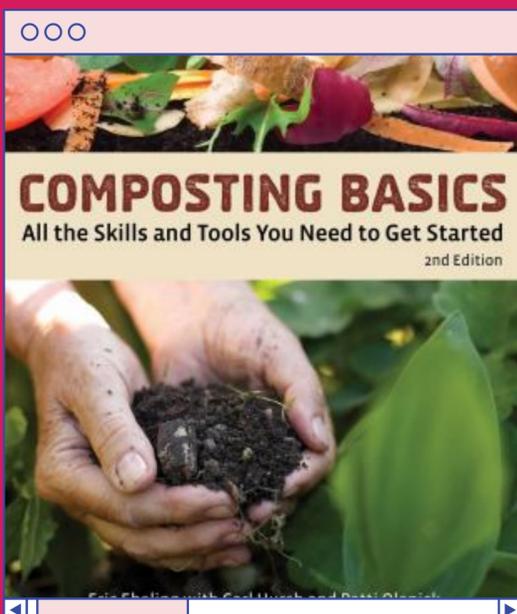
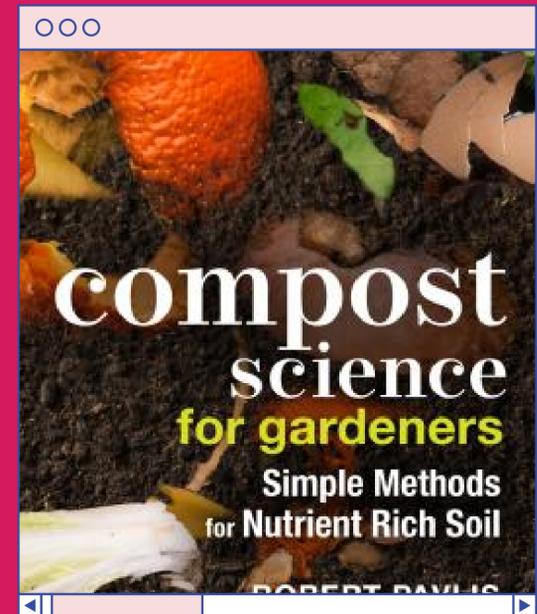
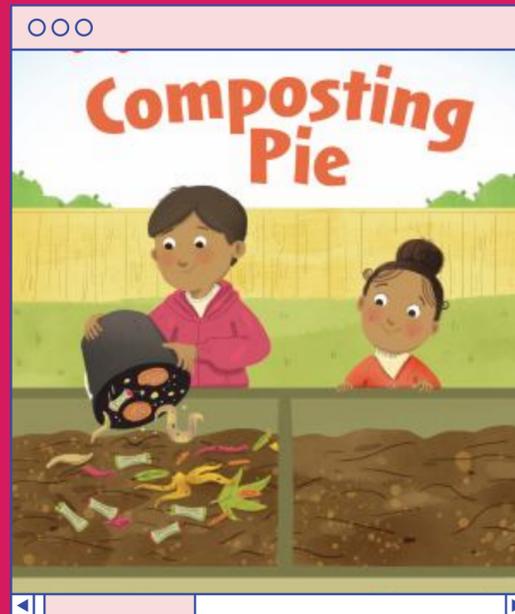
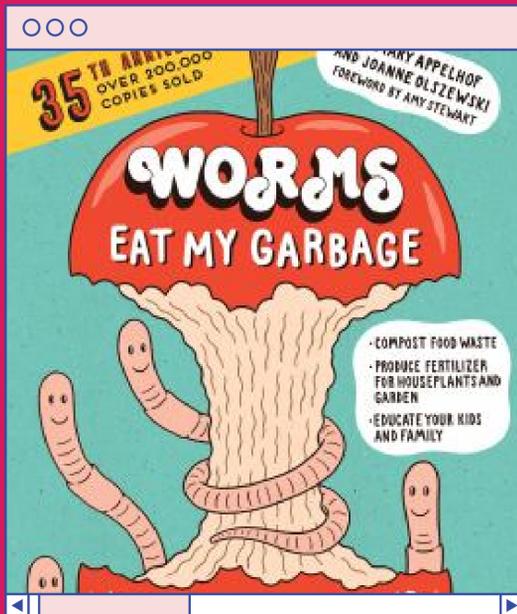
Gardening Food

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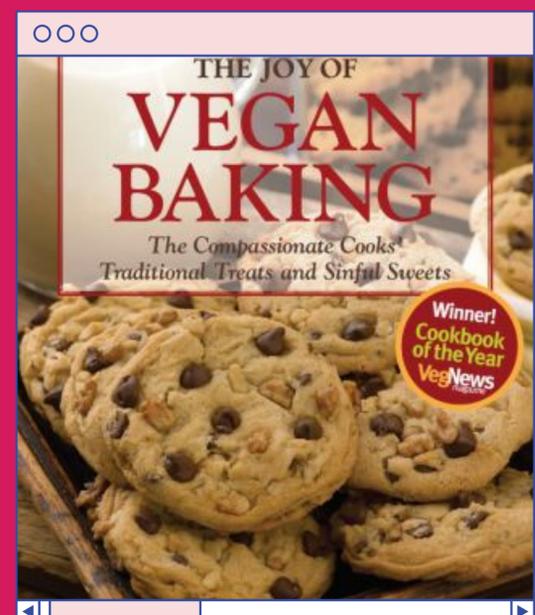
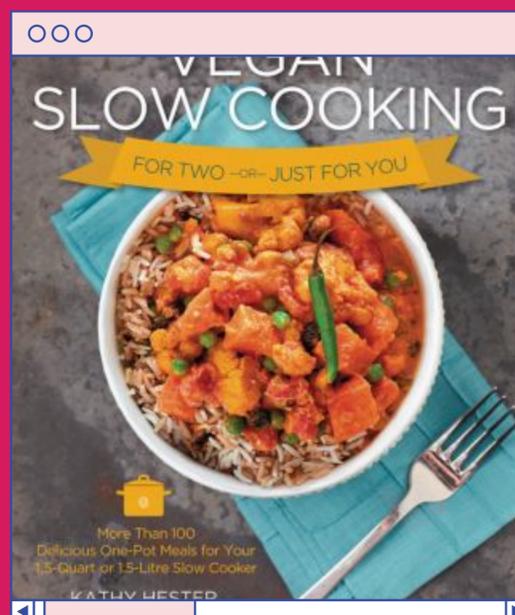
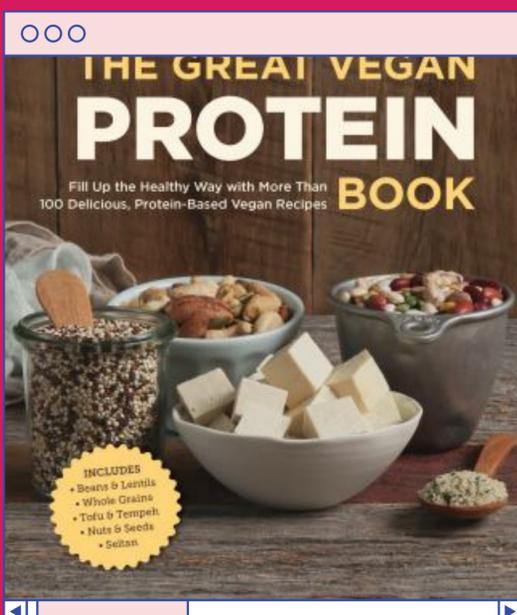
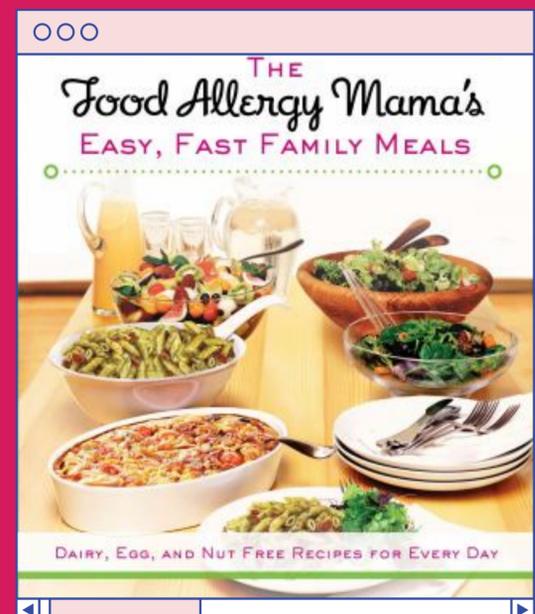
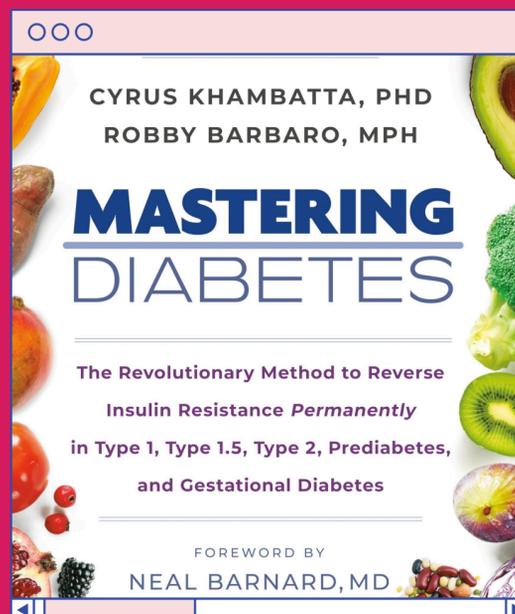
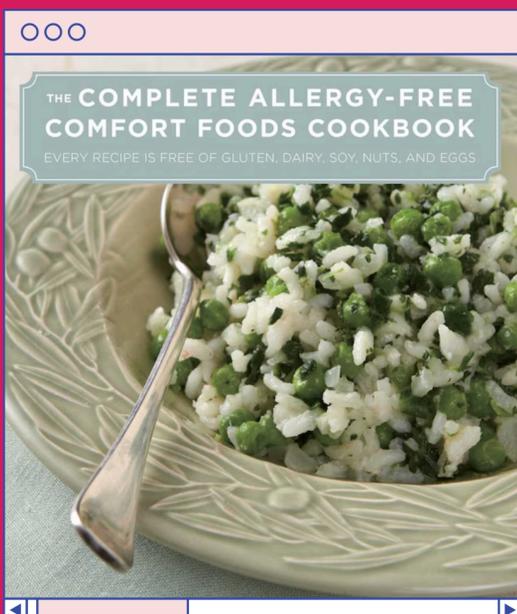
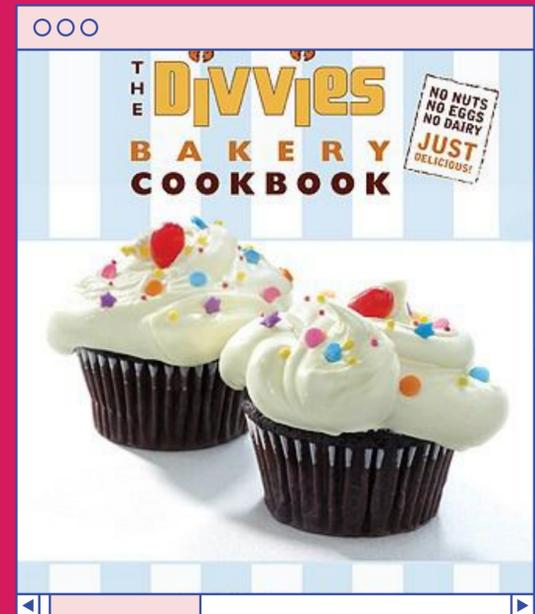
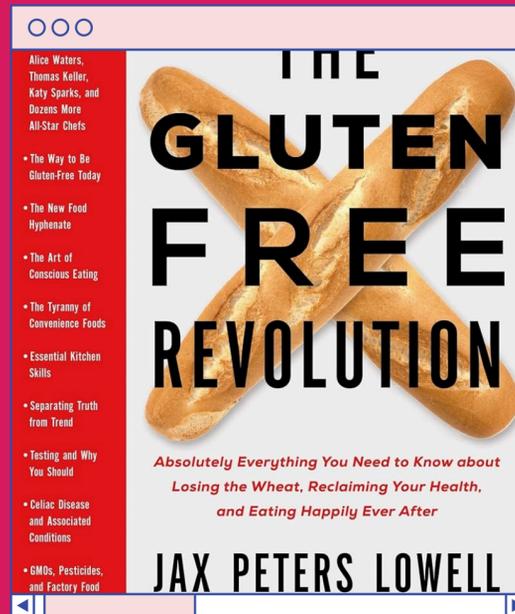
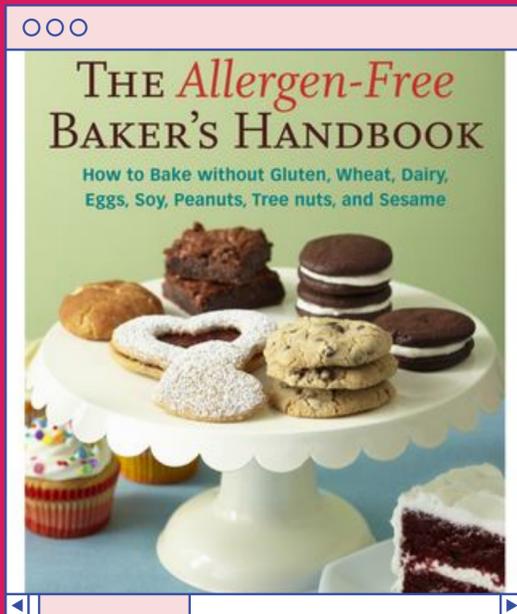
Composting Food

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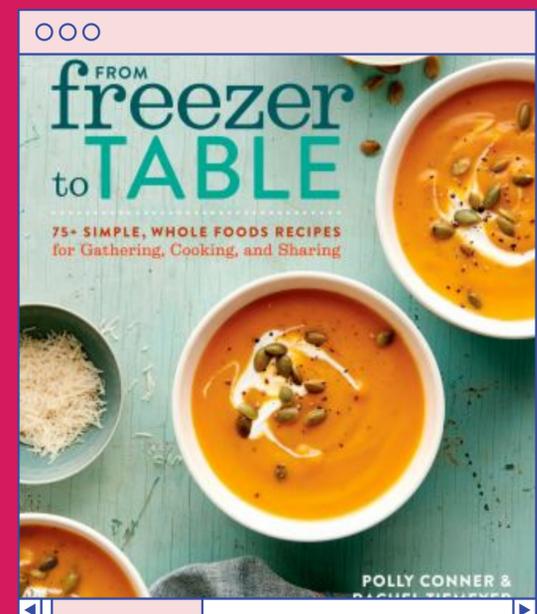
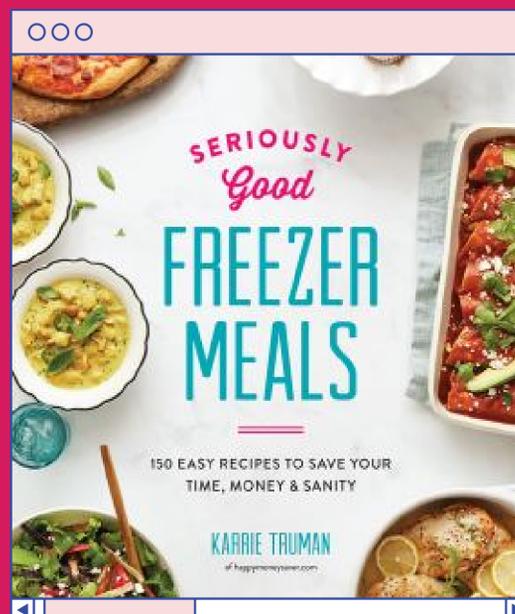
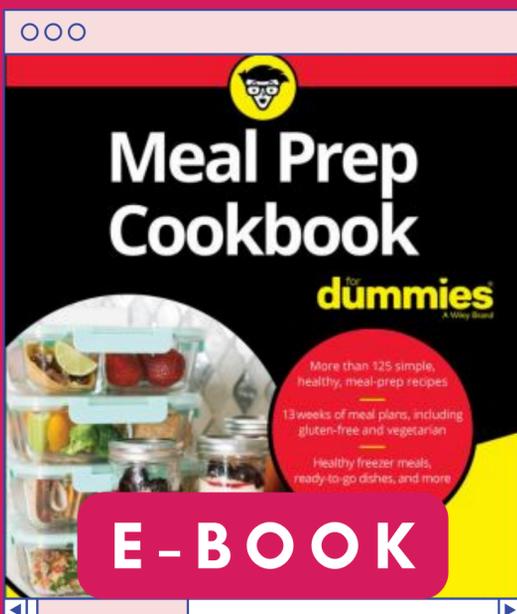
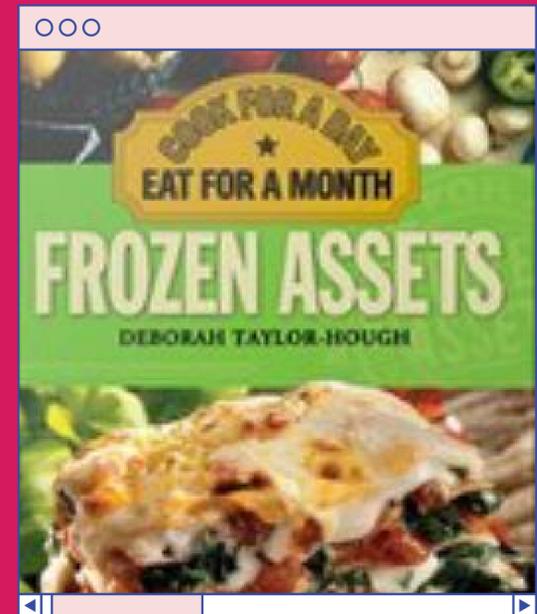
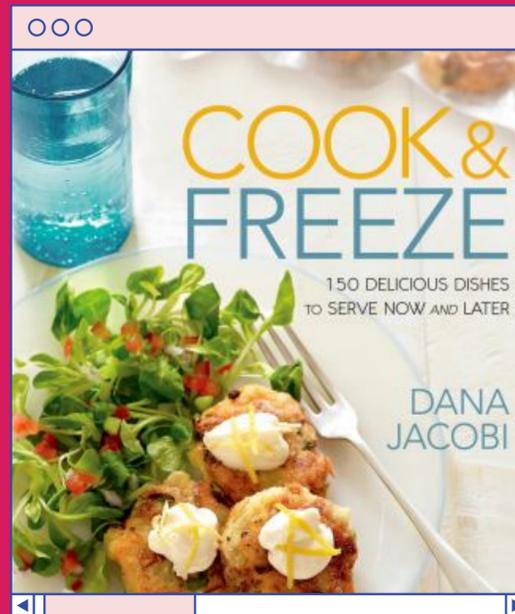
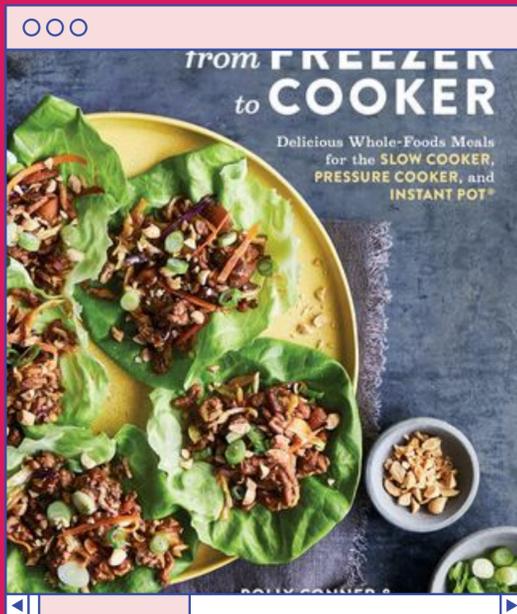
Special diets

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Freeze Food

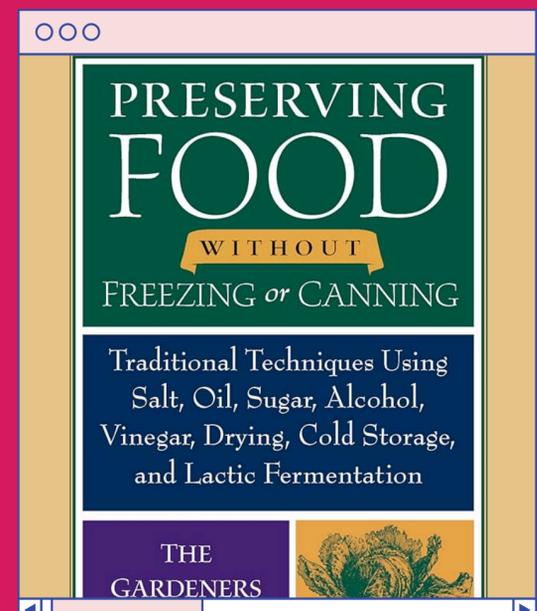
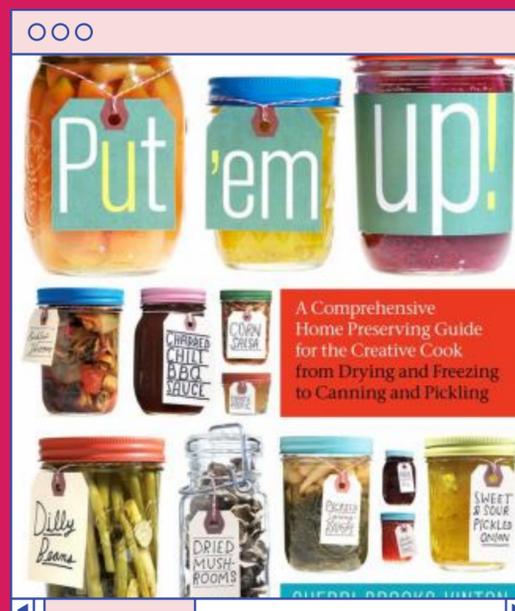
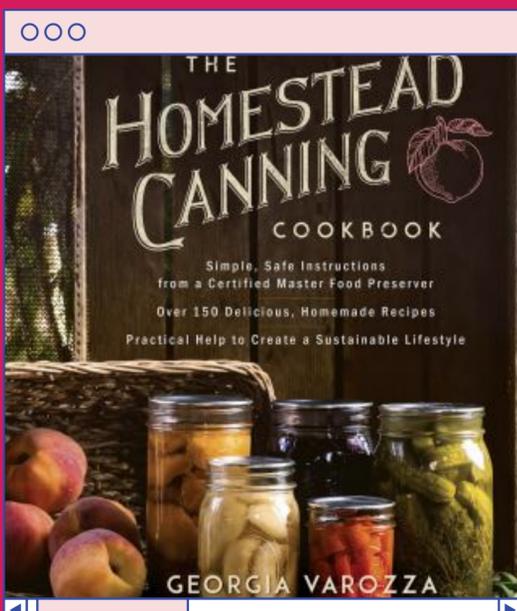
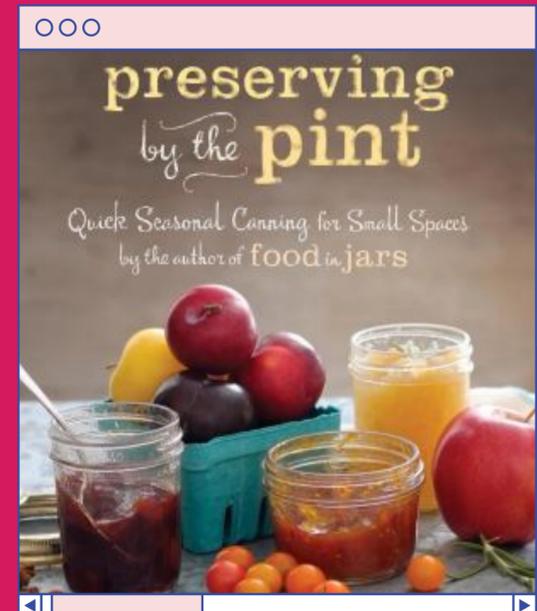
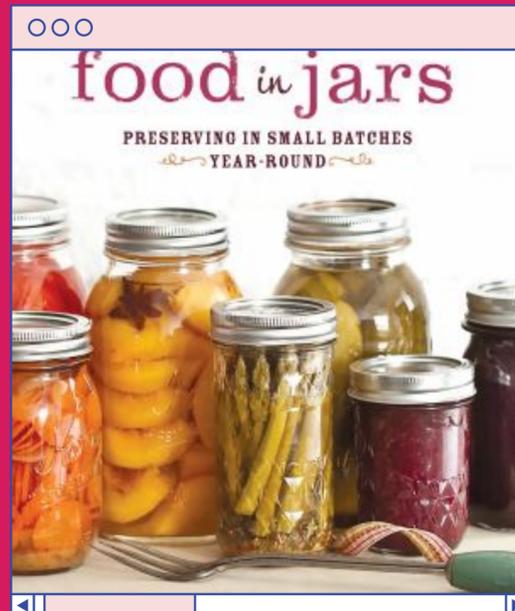
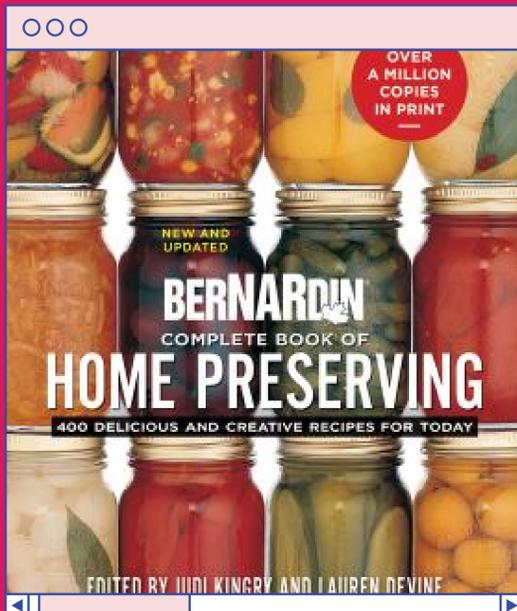
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Food

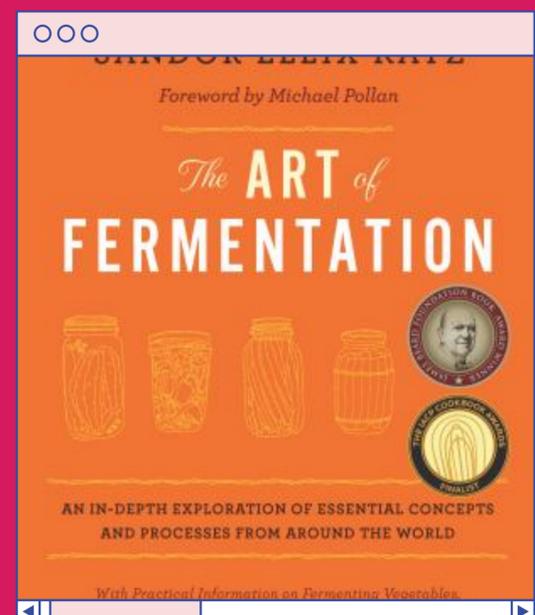
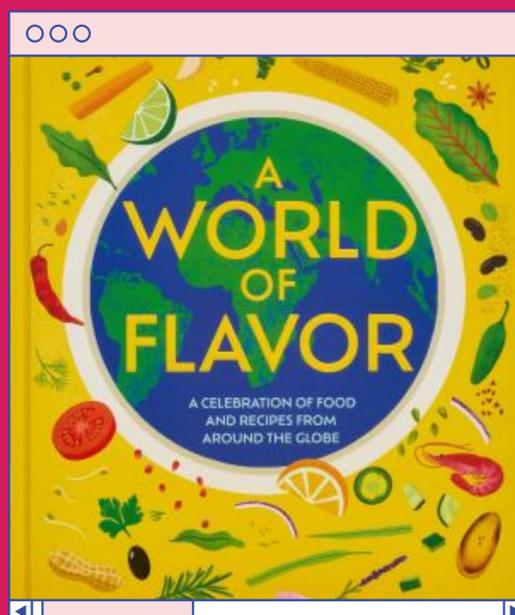
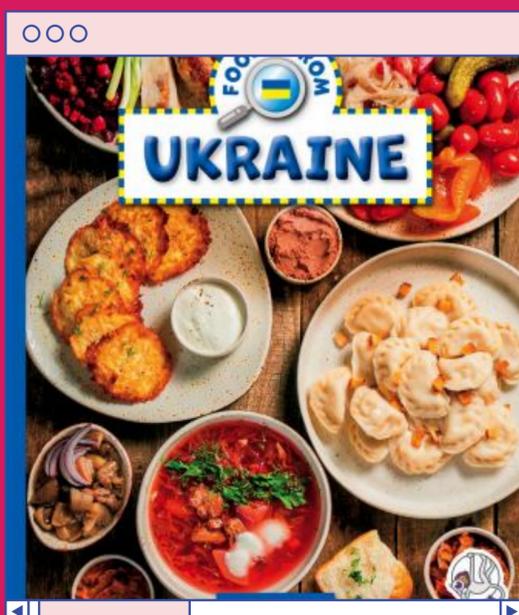
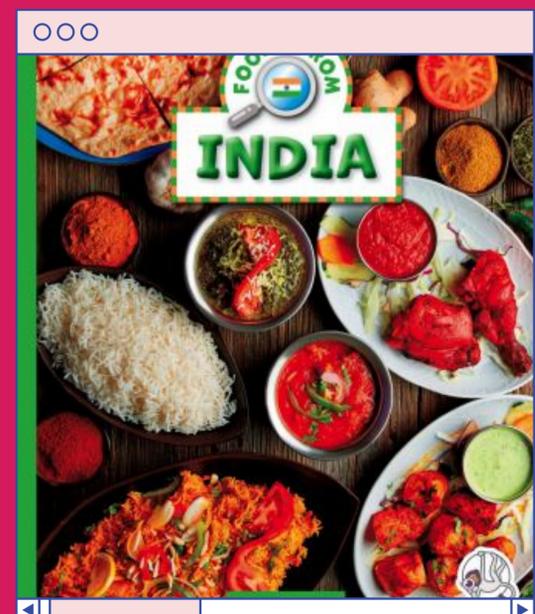
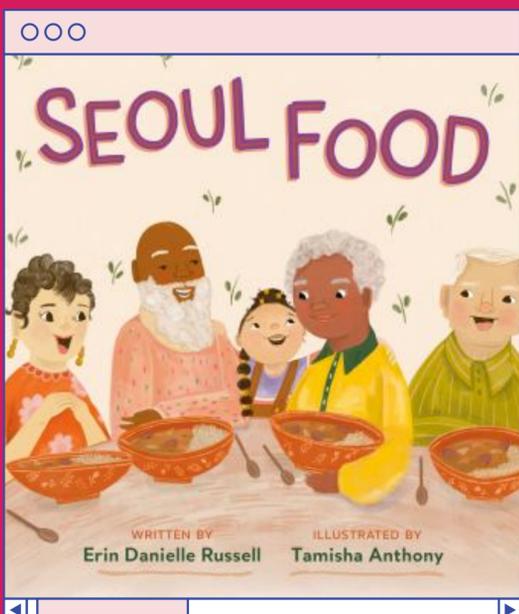
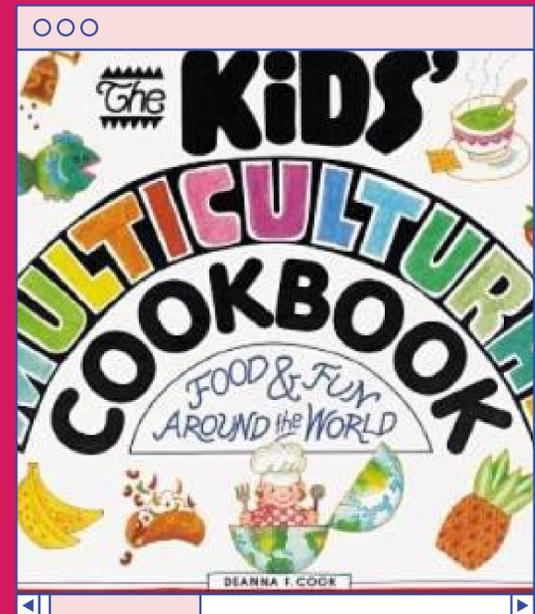
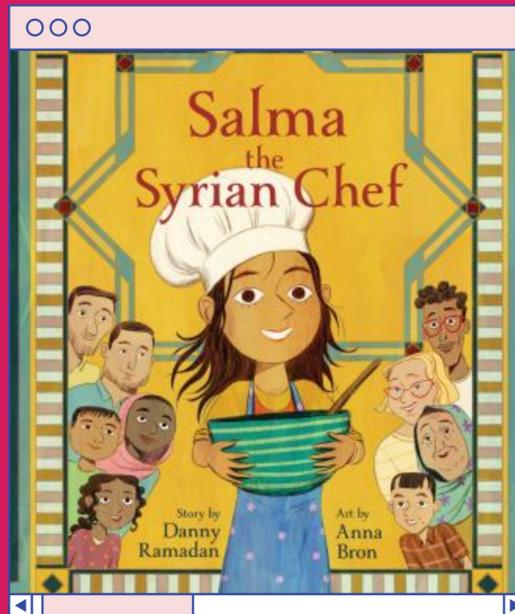
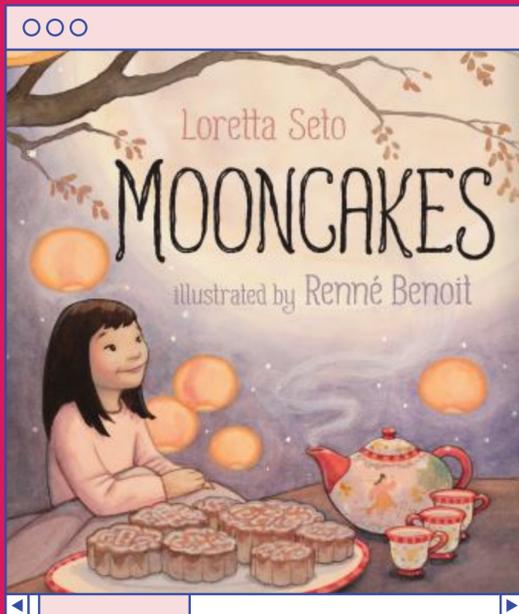
Preservation

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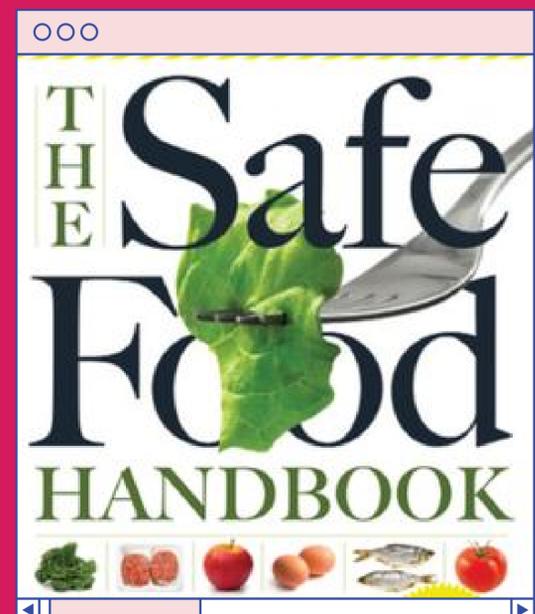
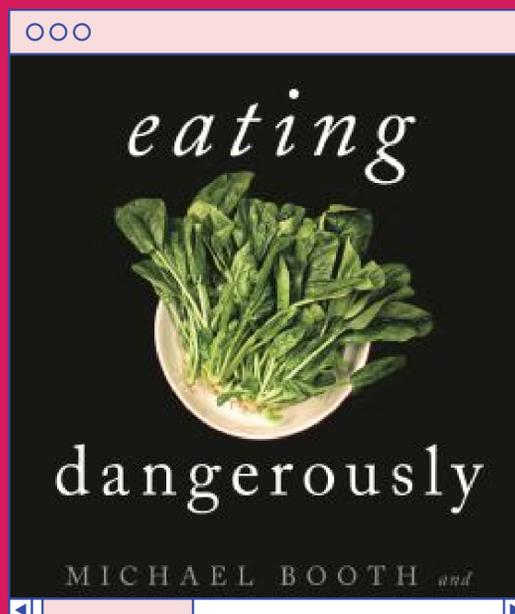
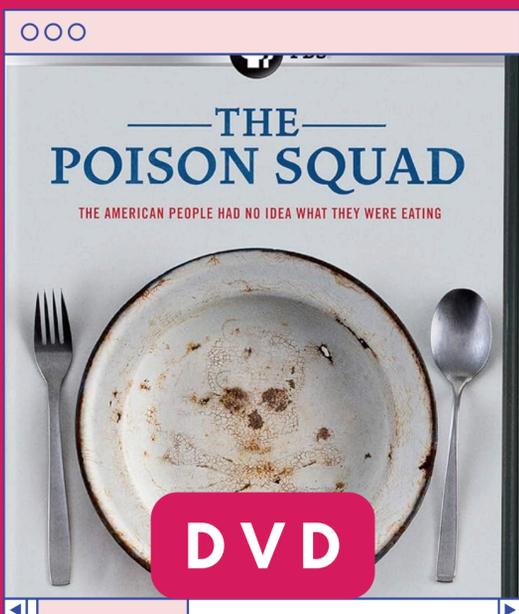
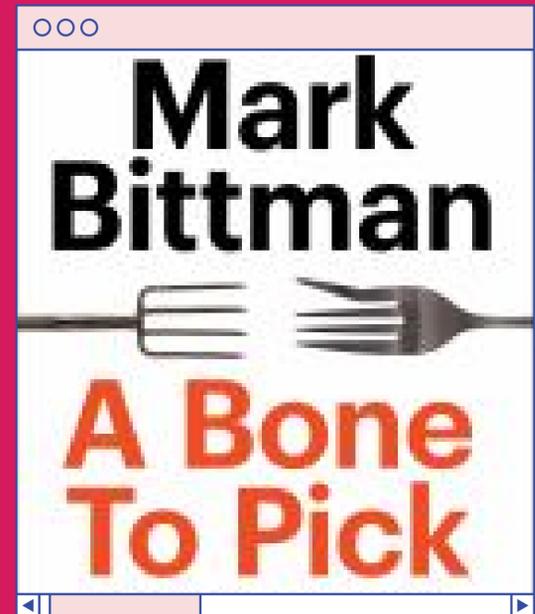
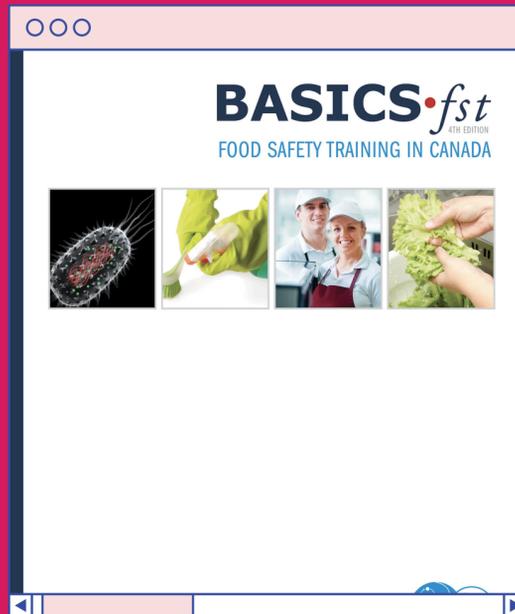
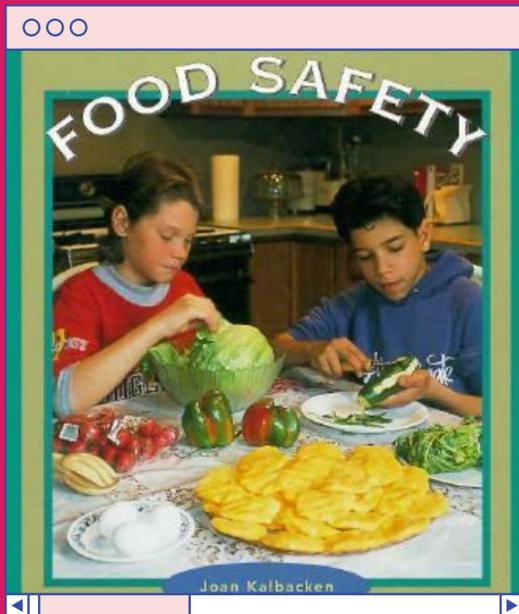
Food Around the world

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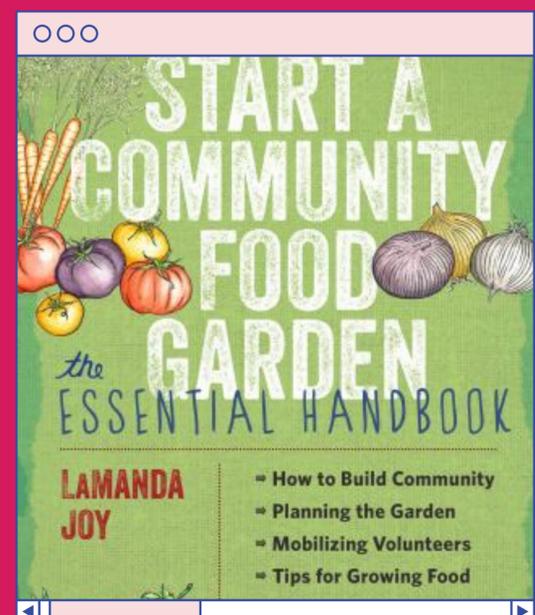
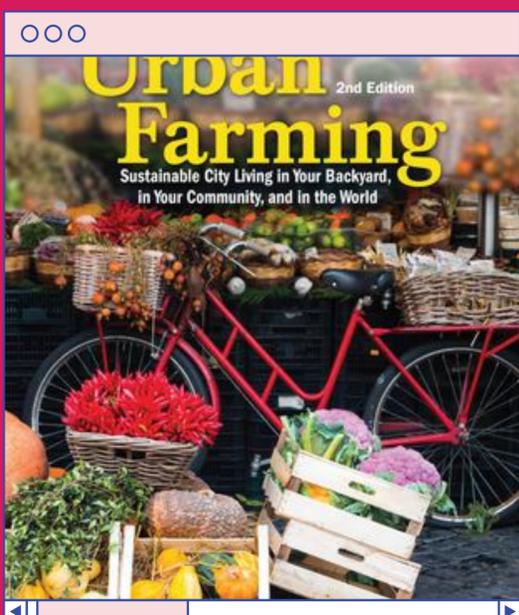
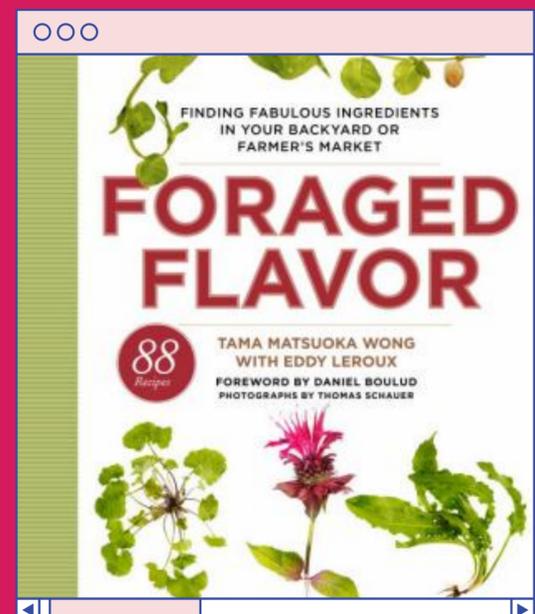
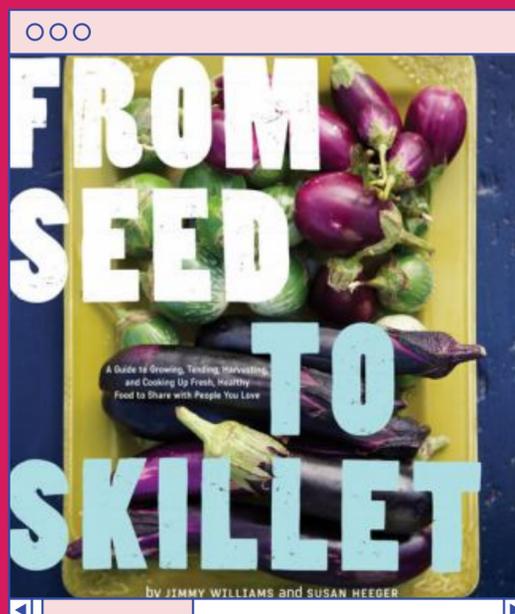
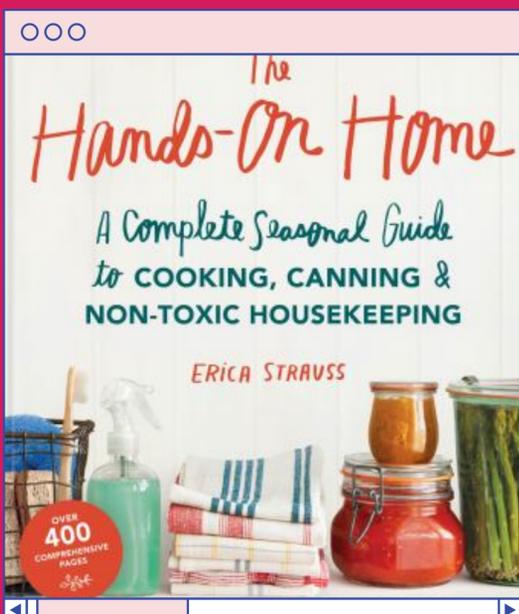
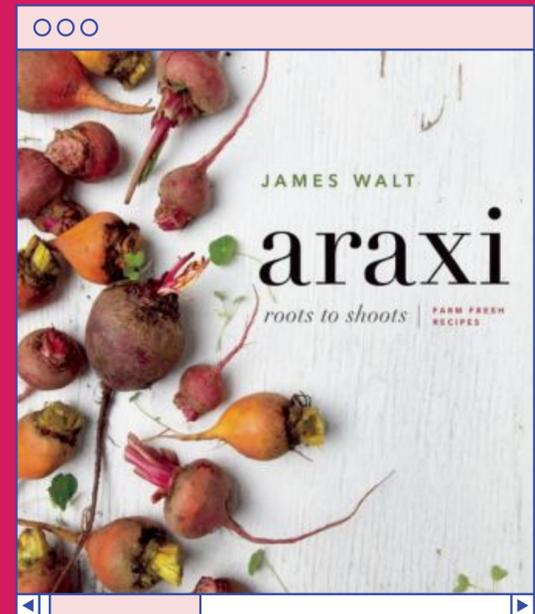
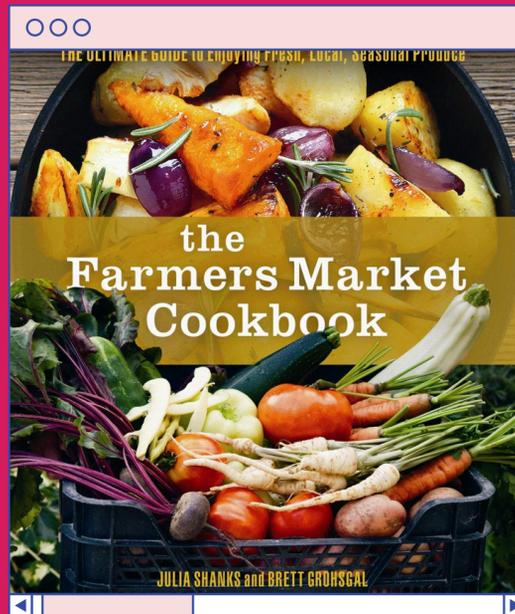
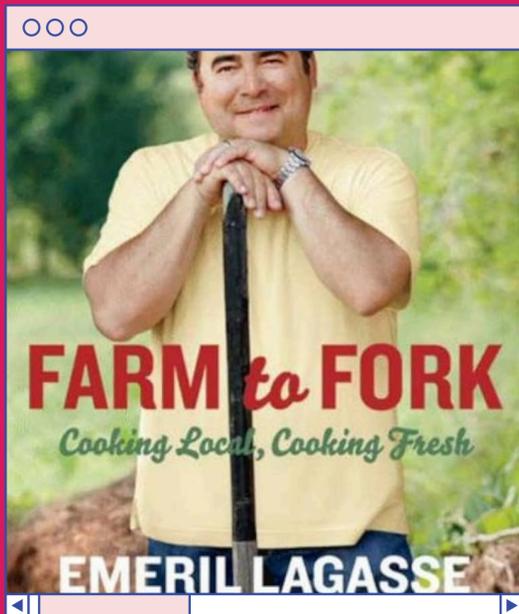
Food Safety

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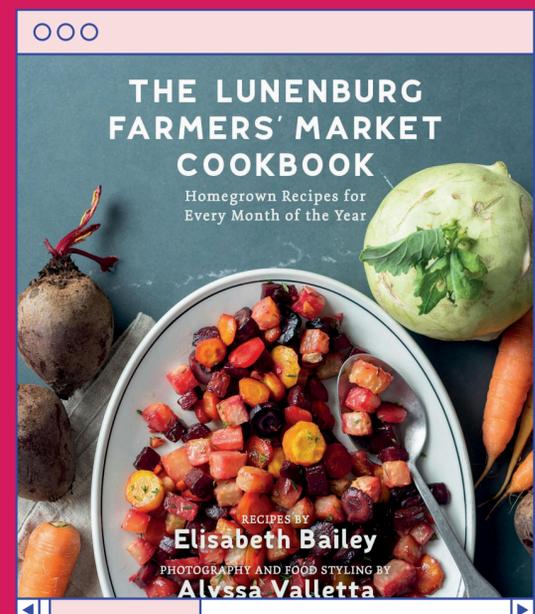
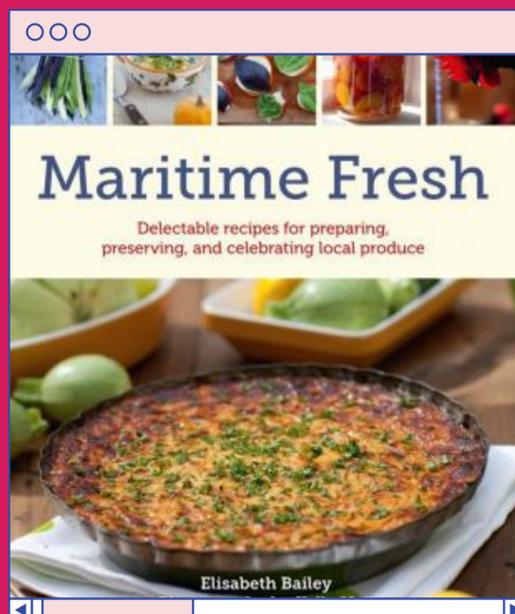
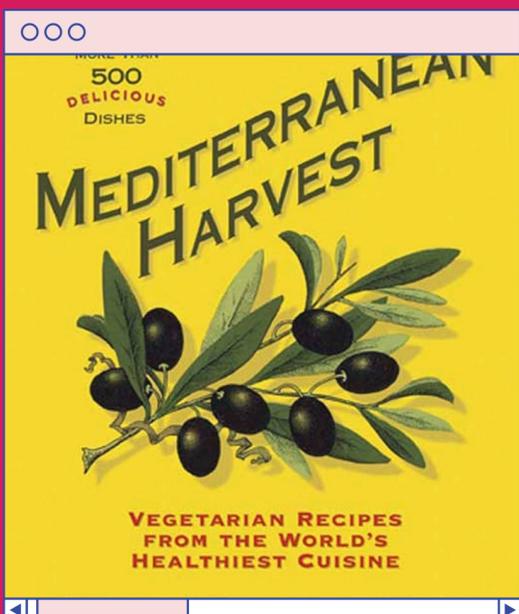
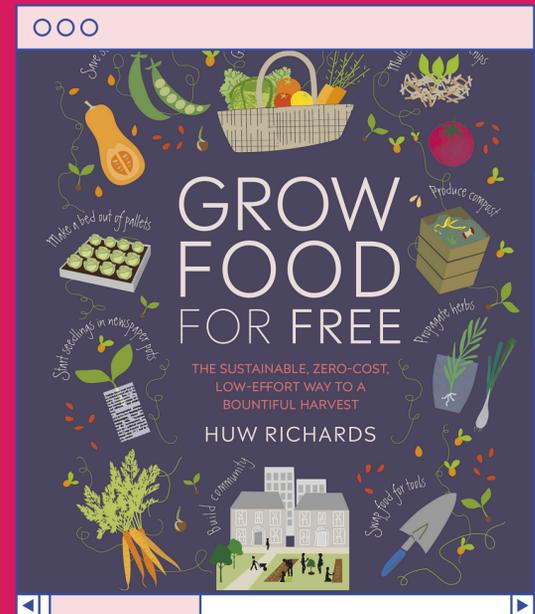
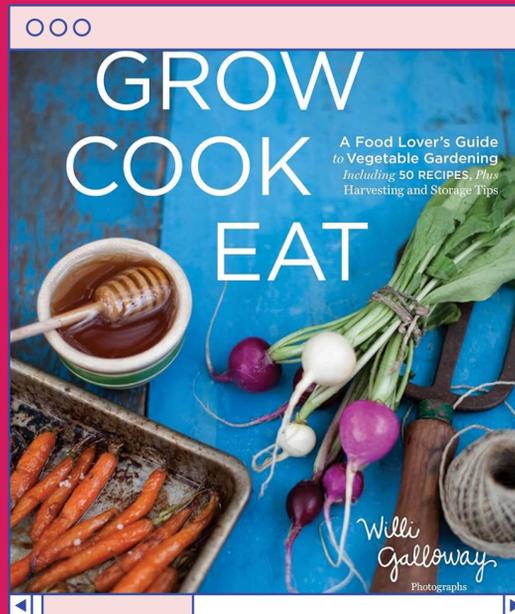
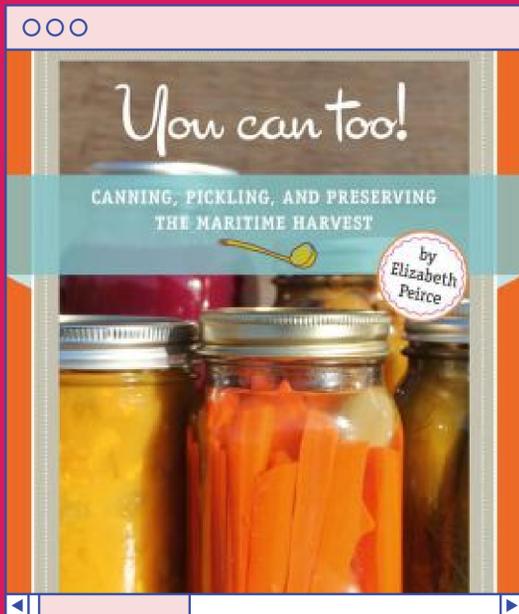
Seasonal eating

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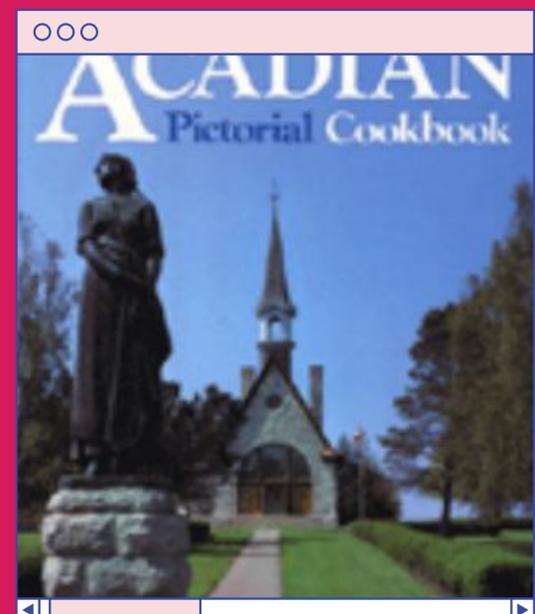
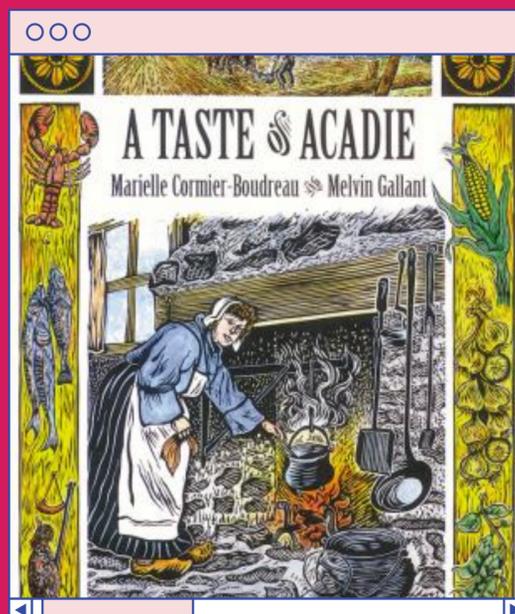
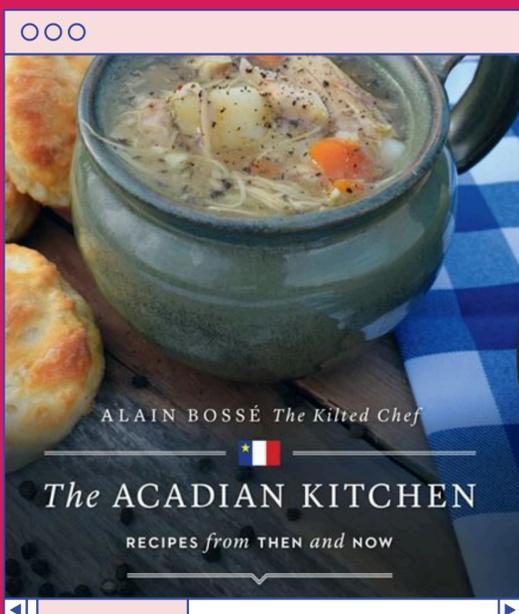
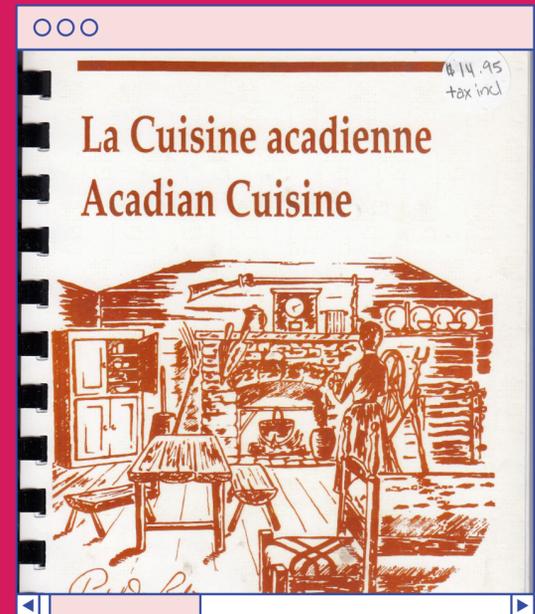
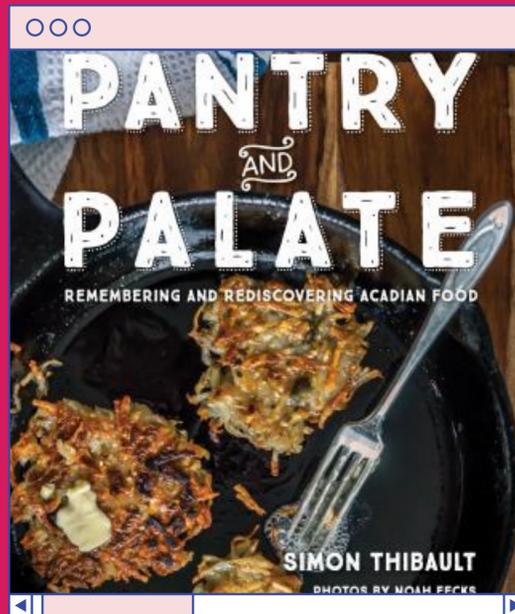
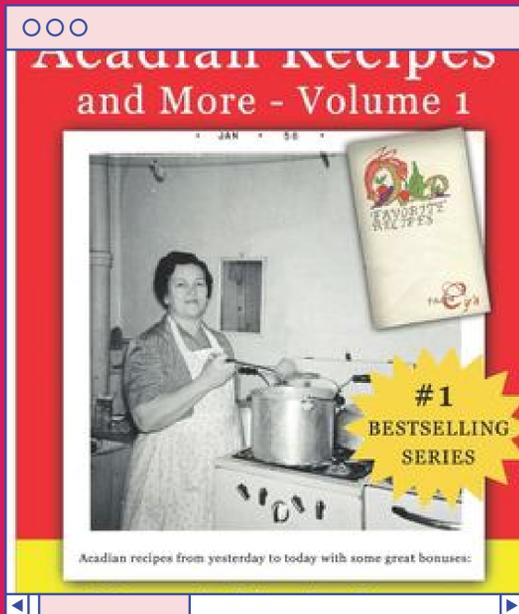
Harvesting Cooking

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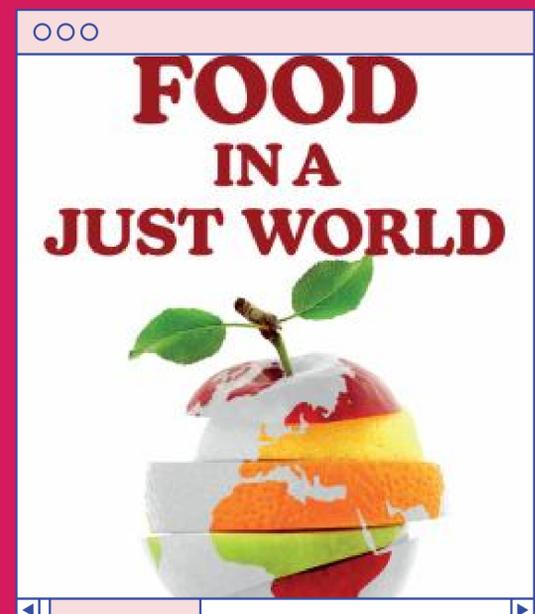
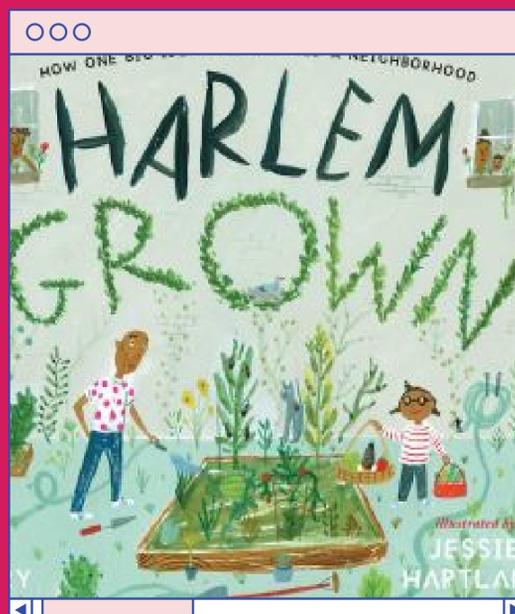
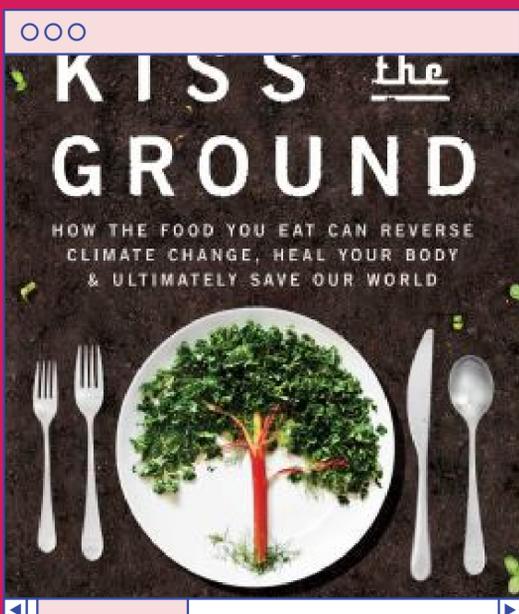
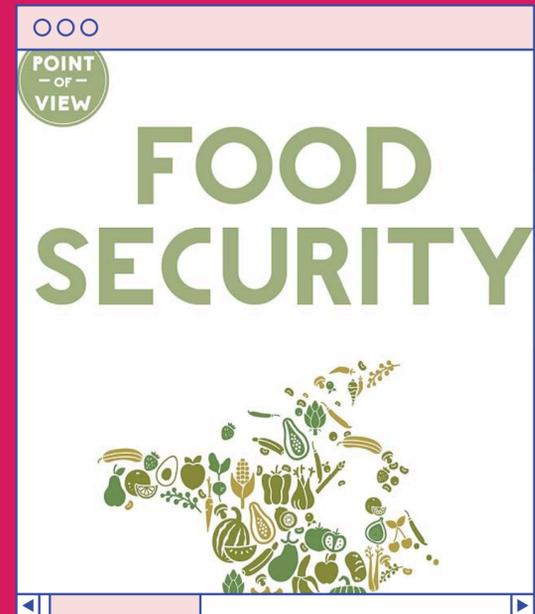
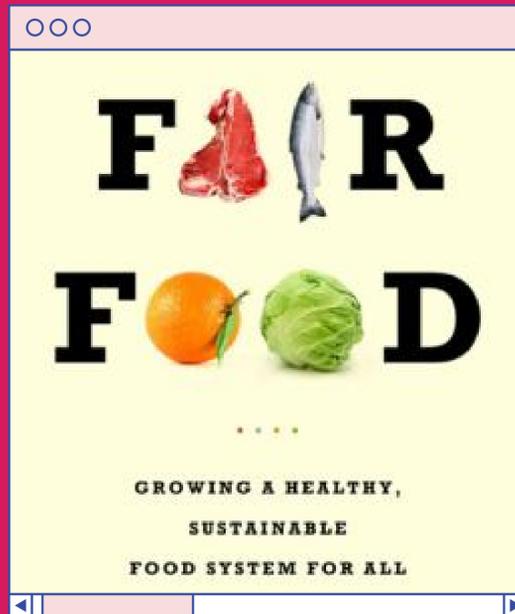
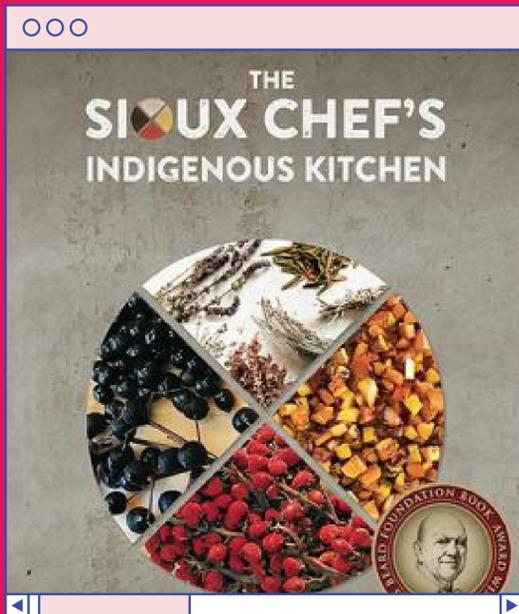
La Cuisine Acadienne

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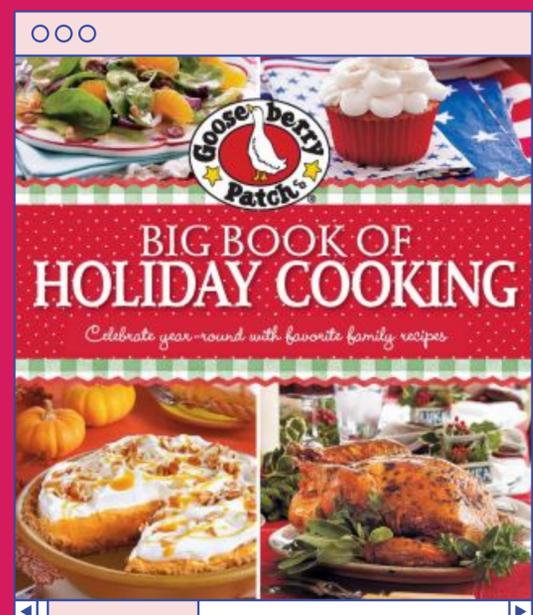
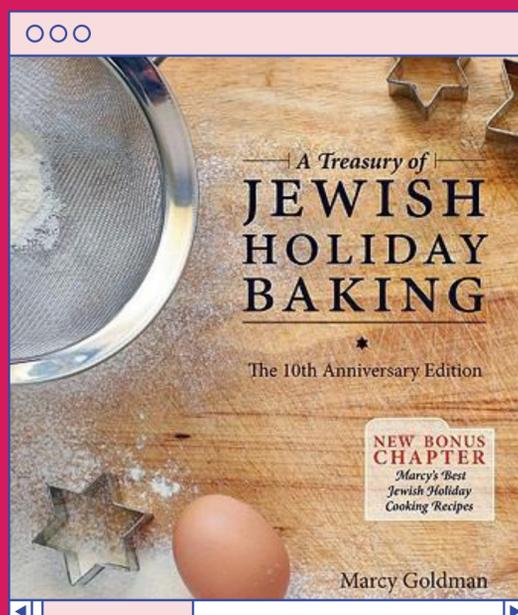
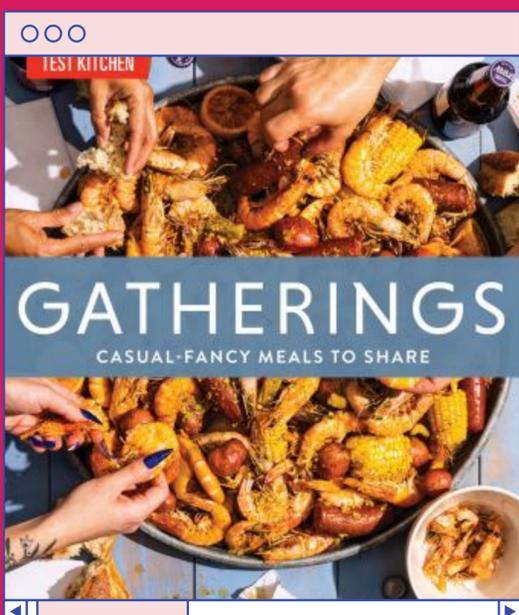
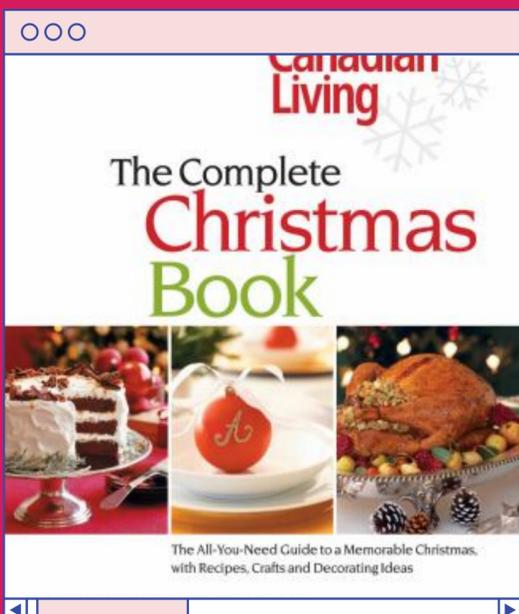
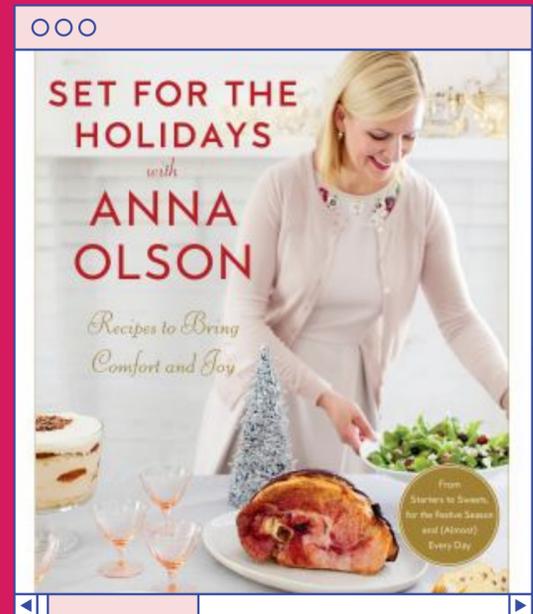
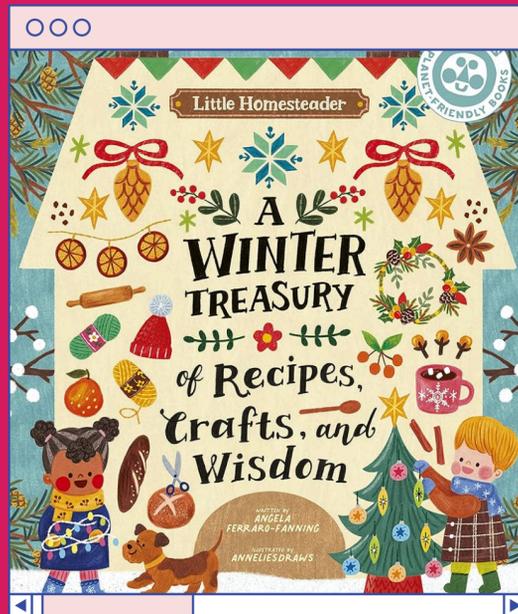
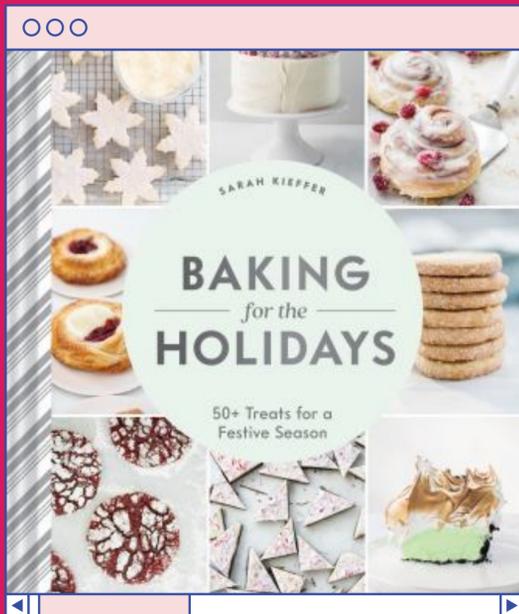
Security Justice

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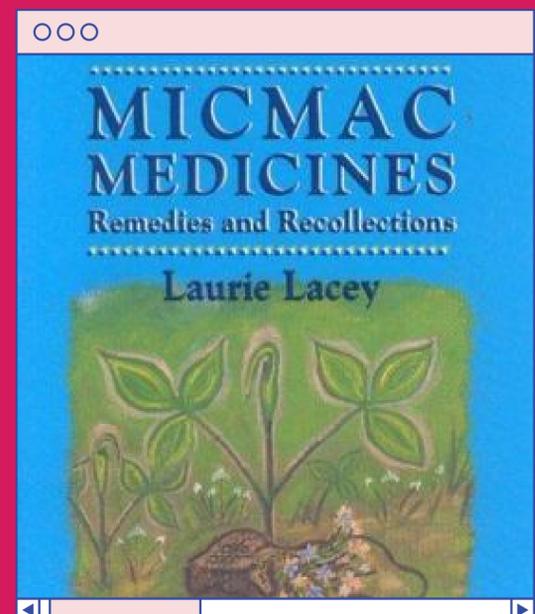
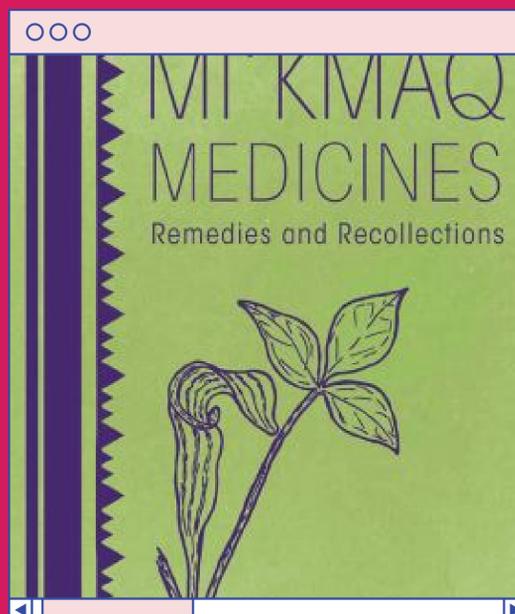
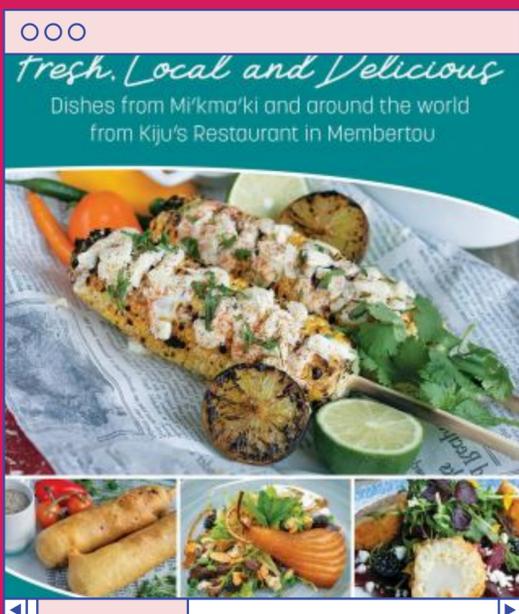
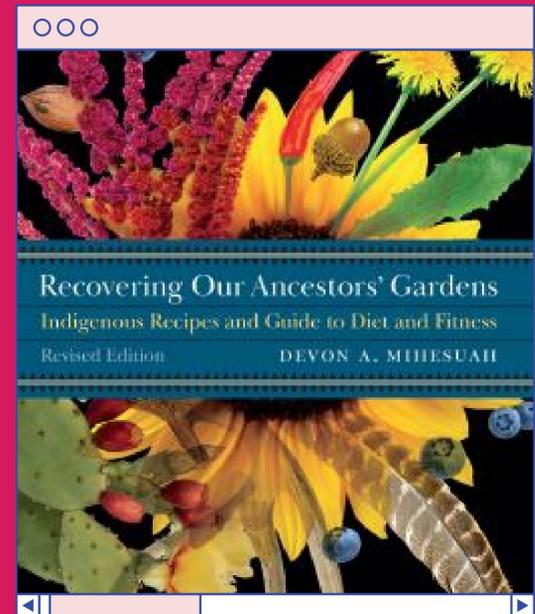
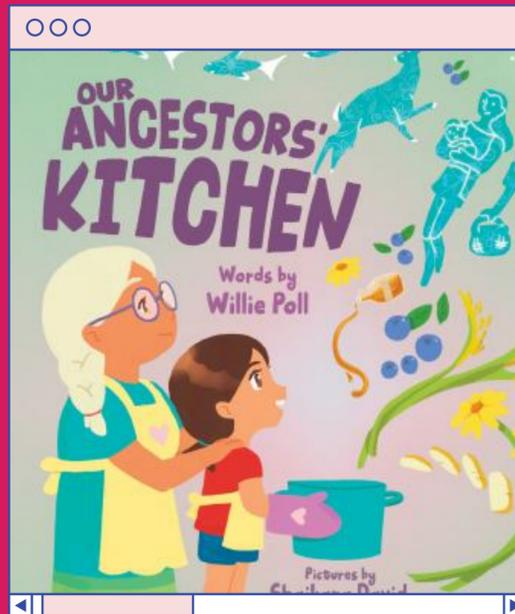
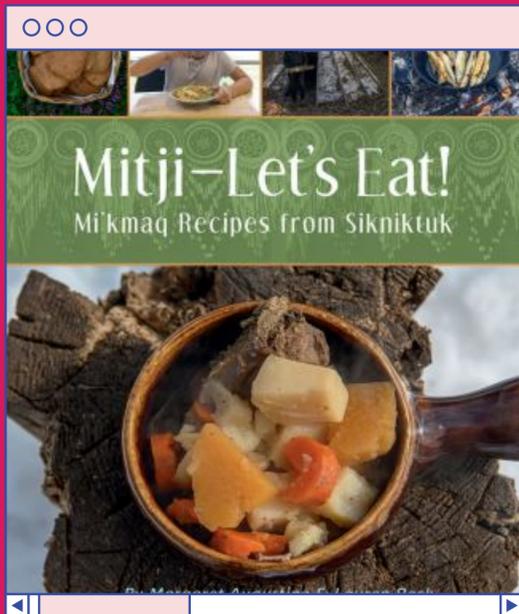
Holiday Cooking

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Mi'kmaq Food

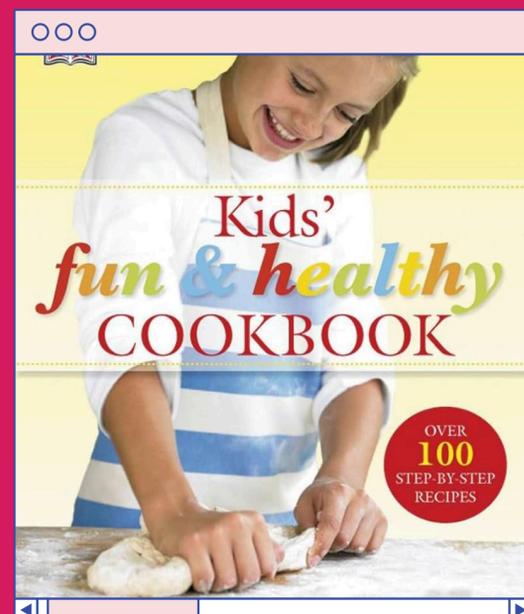
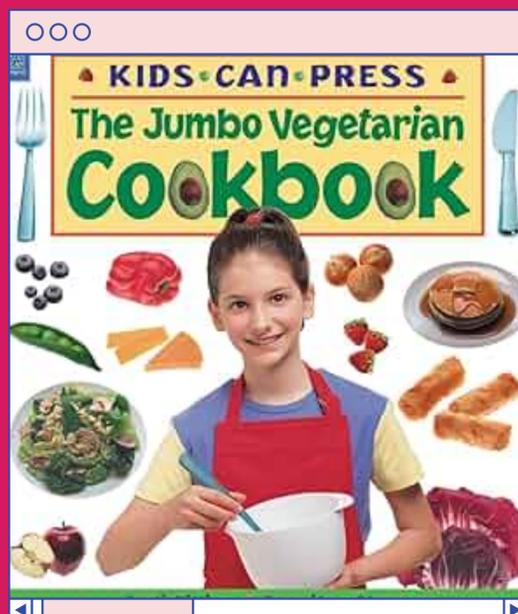
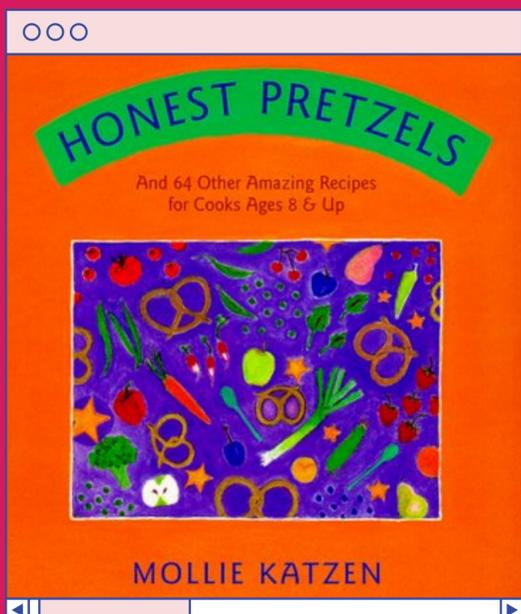
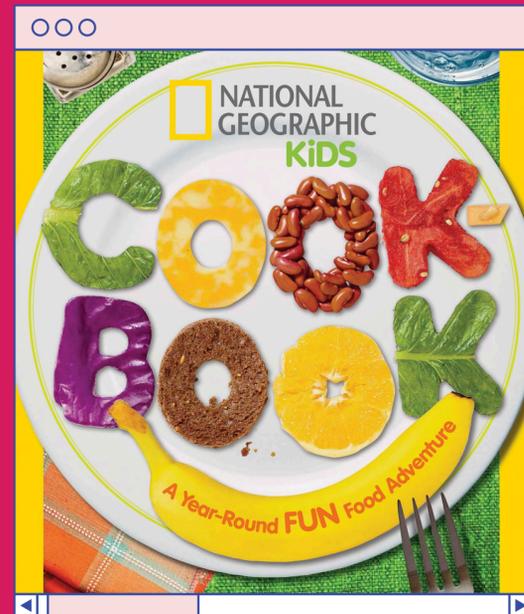
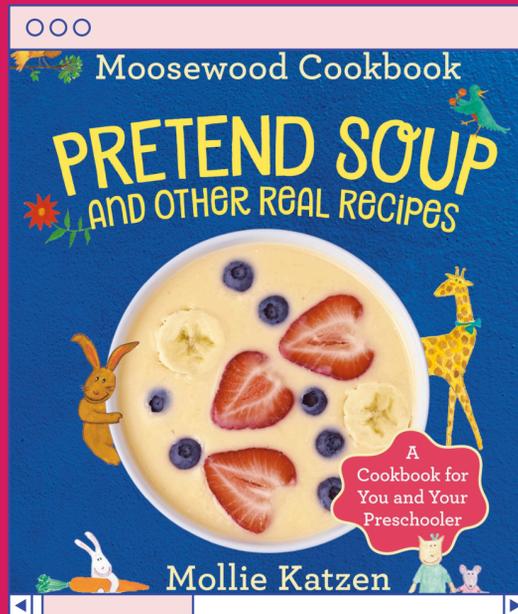
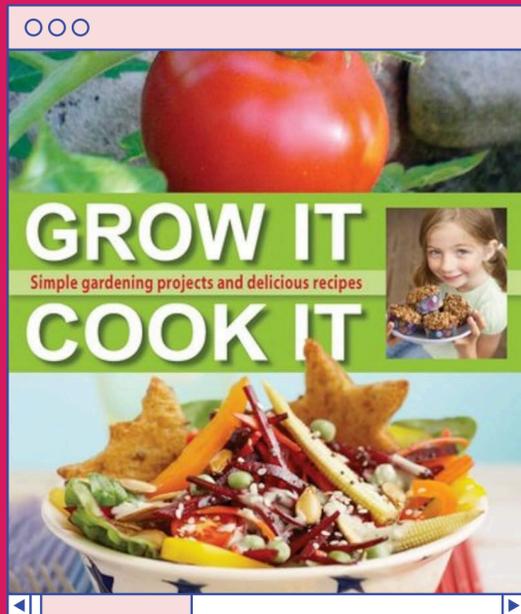
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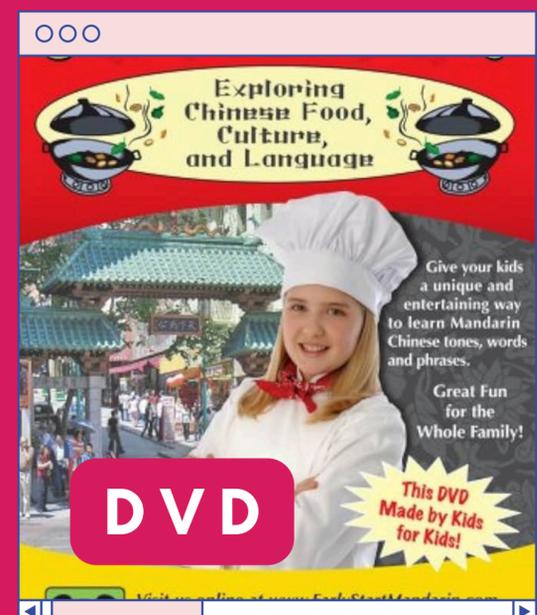
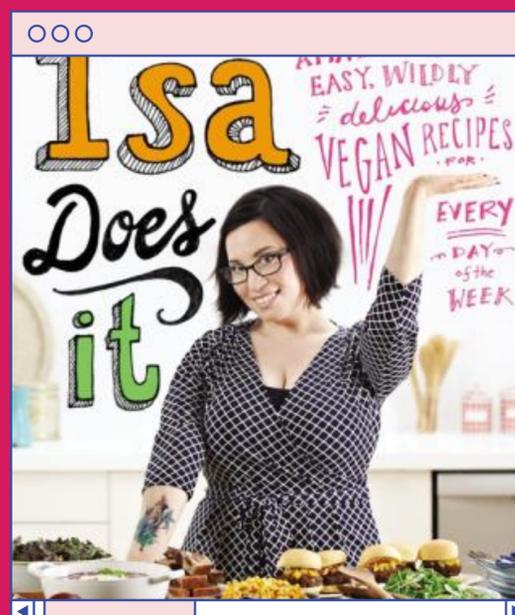
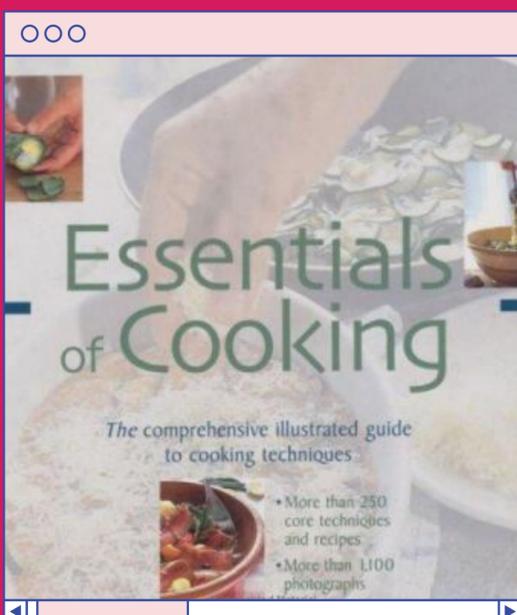
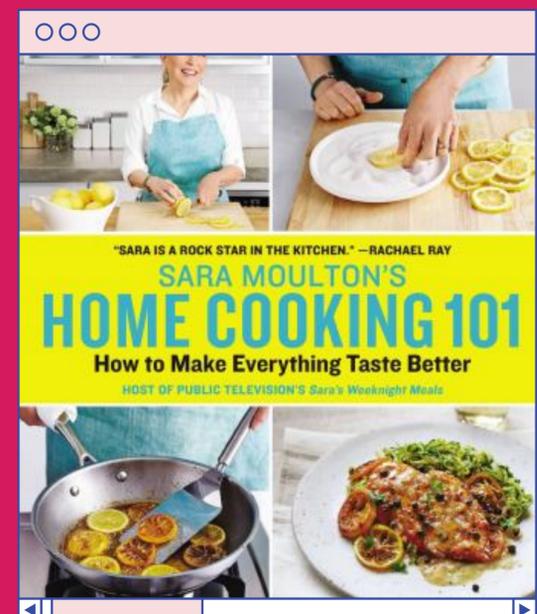
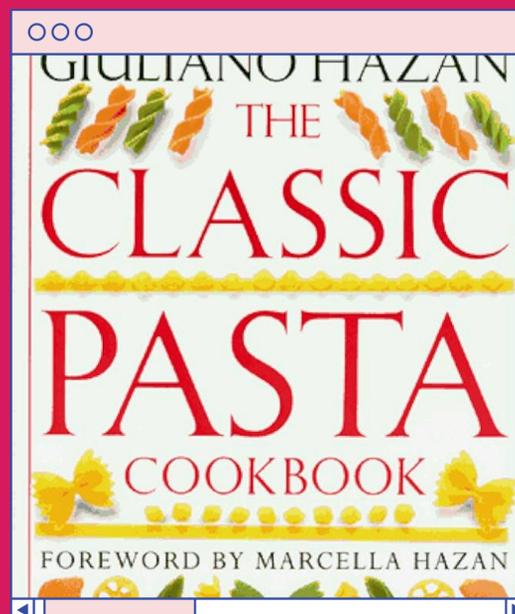
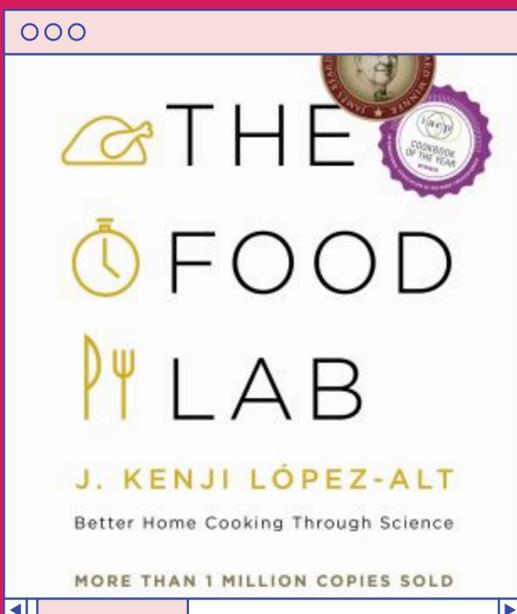
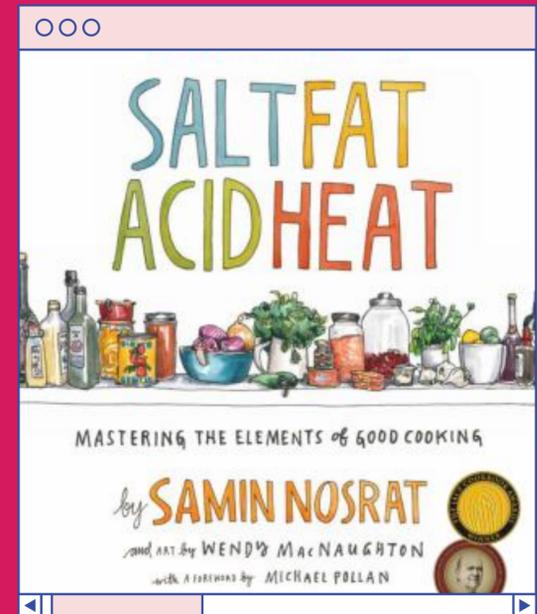
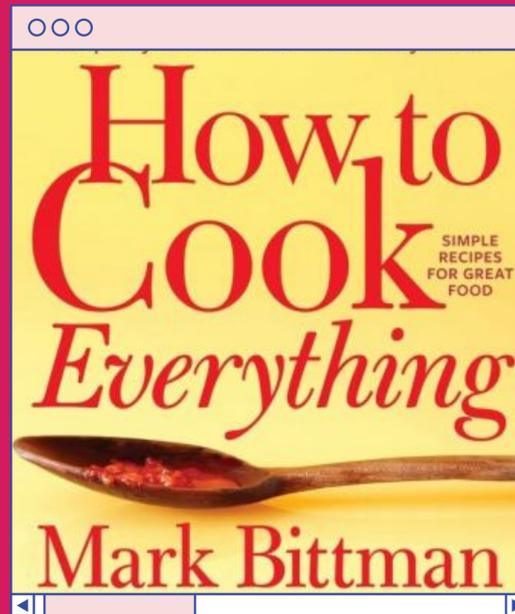
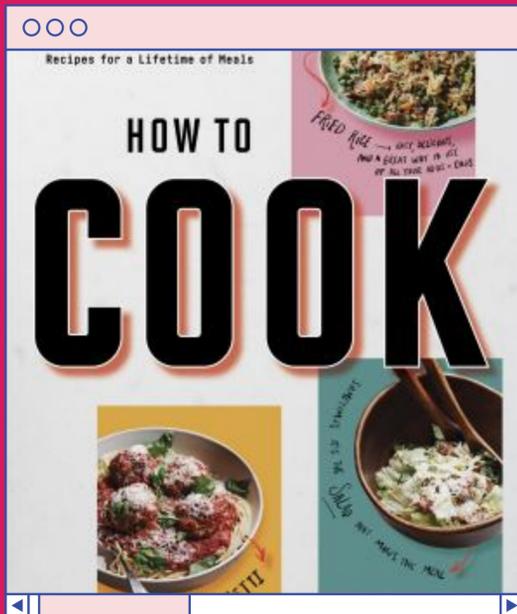
Children's Recipes

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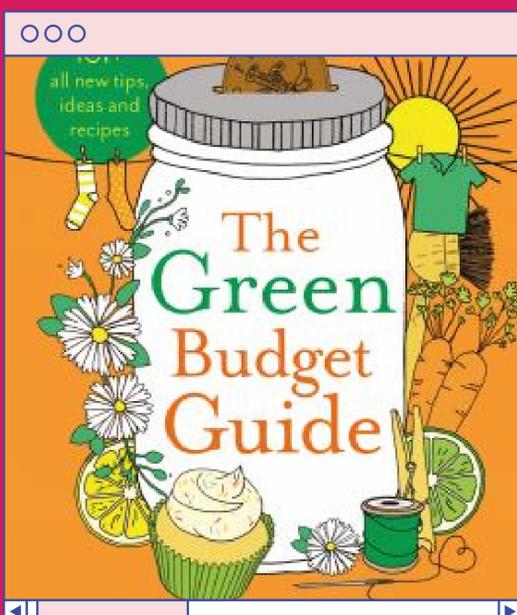
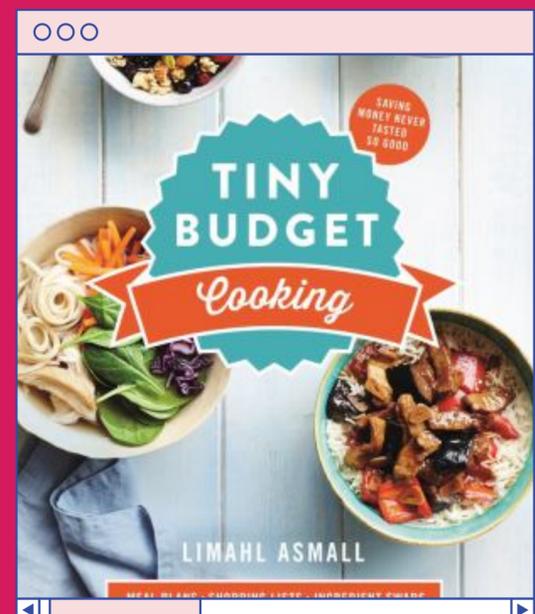
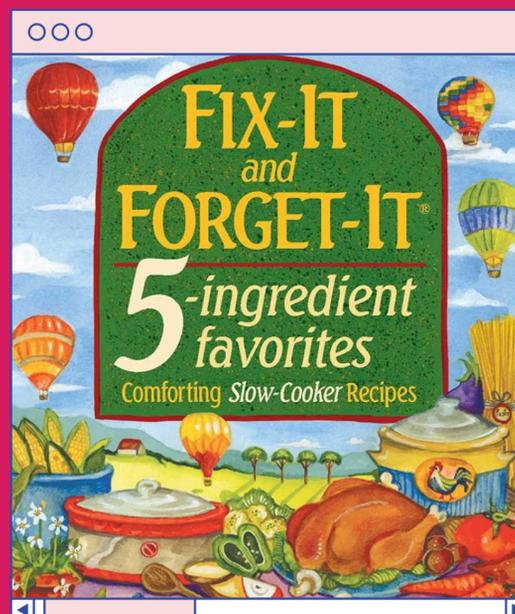
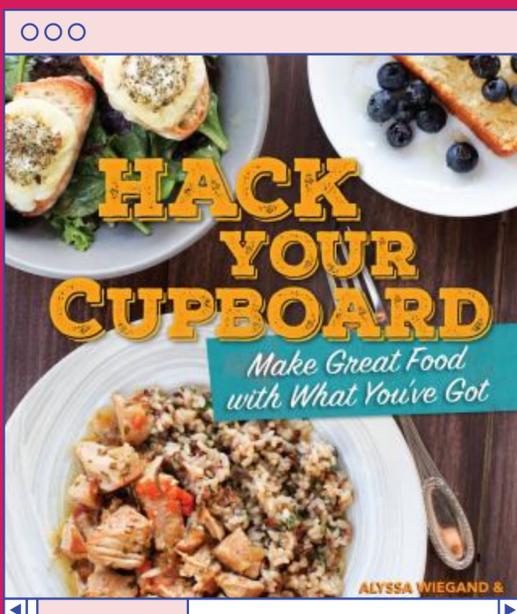
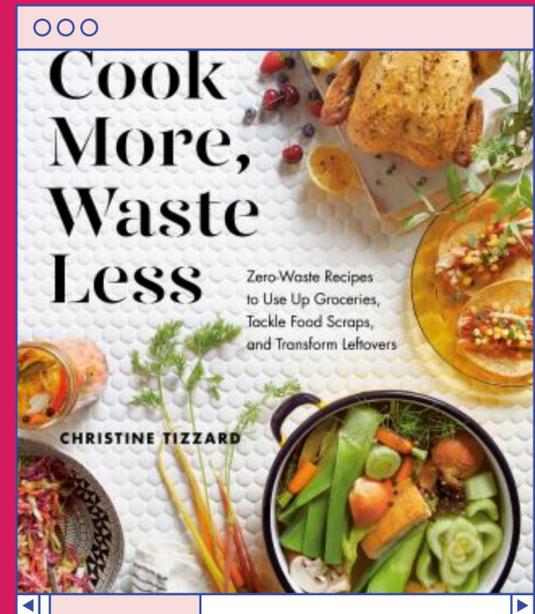
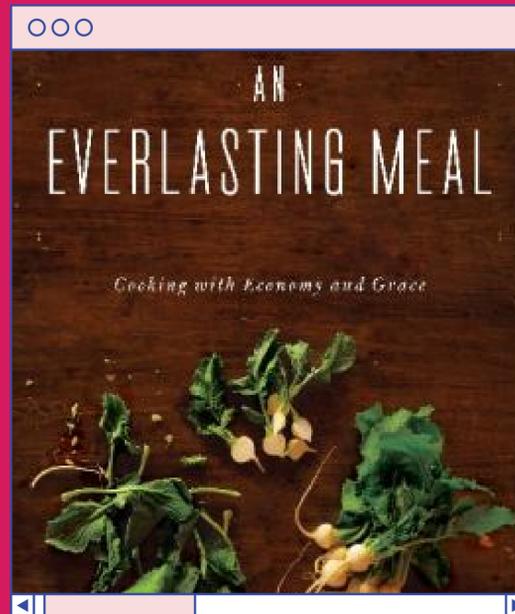
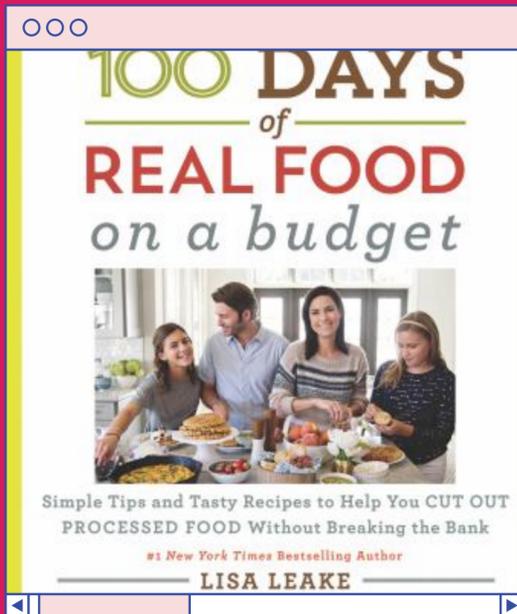
Beginner's Cooking

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DID YOU KNOW?

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

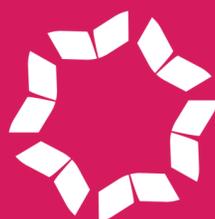
TAKE WHAT YOU NEED, GIVE WHAT YOU CAN

CUPBOARDS & DROP-OFF LOCATIONS

**MCCONNELL
LIBRARY**

**NEW WATERFORD
LIBRARY**

**BADDECK LIBRARY
A FRIDGE IS AVAILABLE**



Cape Breton
Regional
Library


NOVA SCOTIA
NOUVELLE-ÉCOSSE