Catholic Charities of the Month

Daily Bread Food Bank

Get involved! Run a food drive and make a difference!

Did you know that Daily Bread distributes almost two million pounds of food from the public each year? You can join the Daily Bread Food Bank during their three major food drives, or choose a time that is convenient to you. They distribute food all year! Please register in advance to request food collection bins, use our logo, or arrange for food pick-up.

To speak with someone about organizing a food drive, please call the Food Drives Coordinator at 416-203-0050 or 416-203-0050 x709.

Through the participating food bank programs, they provide an emergency supply of healthy, nutritious food to help people manage on low incomes or in a time of crisis. You can help them continue this important work by donating food from their most needed food items list:

- Baby formula & food
- Canned fruits & vegetables
- Cans of soup or hearty stew
- Macaroni & cheese
- Rice
- Beans & lentils
- Canned fish & meat
- Dried pasta & tomato sauce
- Peanut butter
- Canned, powdered or Tetra Pak cartons of milk

**On-Going Volunteer Opportunities: Groups – Schools/Youth**

Daily Bread offers exciting hands-on educational workshops at the Toronto Street location. The workshops include a tour of the facilities and hit on a number of topics relating to food bank use and creating social change. Workshops assist youth and young adults in understanding causes of poverty and how they relate to the community. As part of these opportunities, a volunteering component can be added so that youth put new knowledge to action immediately.

For more information, please email learn@dailyybread.ca with Groups – Schools/Youth/Special Needs in the subject line.

If you are a high school student looking to volunteer as an individual to fulfill your volunteer requirement hours (instead of with a school group), please contact learn@dailyybread.ca with High School Volunteer Requirement in the subject line.
Get Involved and Make A Difference!

Highlight a Saint each month: bulletin boards, announcements etc. Compare their lives to students and staff at school and highlight these members of the community. In your families, discuss the life of a saint each month and what qualities you admire in him or her.

Associate a Saint to monthly initiatives i.e. St. Francis of Assisi in relation to the environment.

Religion class students can research saints: through “reading-buddy” programs. Have older students act out, read or write stories of the Saints and share with younger students.

Rosary Team- at home, school or parish


Co-operative Planting – Stewards of the Earth

Create “Solidarity” class posters that have been

Mind your own business

Selflessly help (and promote) others
Simple Everyday Acts of Kindness

Pick Up Trash

The earth and our environment need our charity too! Beautify your surroundings! Be kind to the environment and those around you by picking up trash when you see it lying around. It doesn’t matter who left it there, just pick it up! Picking up trash helps keep your neighborhoods, schools, parks, beaches, playgrounds, etc. clean and healthy. You will appreciate your surroundings more, and everyone else will, too. Once a month commit to going to a local park or picnic area and picking up after others who may have left trash behind. You can also do this on the side of a road, or even on your neighborhood streets. And don’t stop at just picking up garbage! Separate out the trash that can be recycled!

Text, Call or Visit Someone Who Isn’t Feeling Well

Your “presence” can often be the best “present” or gift of kindness and hope. Being sick is no fun. It can be frustrating because you are not able to do the things you normally do. Not being able to socialize with people you normally see can also make being sick very lonely. Call someone who you know is sick and ask them how they are. Or, surprise them with a visit and bring flowers or a card. Knowing that someone cares about you is often the best medicine! Visiting or calling someone when they are sick will lift their spirits. Whether they have a common cold or something more serious that requires them to stay in bed or go to the hospital, they will
appreciate care and concern.

Know that someone was Valedictorian in high school or that was recognized for a special award of contribution to the community? Tell others because they can’t tell people themselves (without it sounding like they’re bragging)