

Paramedics collecting for Massey Food Bank

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For The Mid-North Monitor

On Thursday, Dec. 21 and Friday, Dec. 22 members of the Manitoulin/Sudbury District Paramedics will be collecting donations for the Massey Food Bank. They will be in Espanola at the FreshCo grocery store both evenings from 5 to 8 p.m. This will be their fifth year collecting.

Donelda Cannard, coordinator for the Massey Food Bank, says she is very thankful to Kate Harvey and the other EMS personnel who collect the donations. She also mentioned that Kelly Orr, manager of FreshCo, and his staff are incredibly supportive, especially since Massey no longer has a grocery store.

This year, Cannard says there will be 50 food hampers given out to families in need. They will be delivered later this month. Along with the hampers there will be a gift for children, courtesy of the Angel tree in the Massey Public Library. The library also has a food bank box for donations.

Currently, the food bank has 60 families registered and is supporting people from the Massey, Waldford and Webbwood areas. Unlike Espanola, they are only open one day a month; the second Friday of the month, from 1 to 2 p.m.

Cannard says they helped 38 families last year. She has been involved for more than 20 years.

“The need is there. I enjoy helping. Do what

we can to help.”

The food bank is run entirely by volunteers. Some volunteers such as Joanne Emiry are very involved, others show up when they are needed. Cannard estimates they have a minimum of two to three volunteers every month. The Sables-Spanish Rivers Township gives them the space so there is no overhead. The monthly average use is 35 families. Besides providing food, vouchers are also given out. These can be brought to Poirier’s Confectionary and redeemed for eggs, bread, potatoes, fresh fruit and milk.

Cannard is quick to praise the local communities, saying people are very generous. They get support from schools,

businesses, firefighters and people who come into the town office with their donations.

They also get money from DSSAB (District Social Services Administration Board). She says this money is given to the food bank to help prevent homelessness. She has noticed a steady increase in

people using the food bank and it is not only those who are not working. They have people coming in who have jobs, but are not making enough to cover their bills and buy food. The food bank will keep them going over the winter months.

Those who would like to help the Massey Food Bank can give monetar-

ily or provide the basics like pasta and pasta sauce, canned vegetables, fruits, soups, meats, stews, fish, macaroni and cheese dinner, pork and beans, hot and cold cereal, peanut butter and cheese spread. These foods are always welcome. Anyone wishing to contact Cannard can reach her at 705-865-2450.