

Notre Dame Parishioners & School Community Members



Food Donations Needed for the National Evangelization Team (NET)

A team of seven young Catholics will be ministering to the eight schools and their parishes of the Diocese this year!

They are in need of food donations while they are in Dawson Creek! **If you are interested in being a part of this missionary initiative by helping provide for the food needs of our NET Team, here are three ways you can do so:**

1. **You can choose to:** prepare a meal ahead of time, a meal that can be frozen, stored, and then reheated by the NET team at the time they need it. Meals that work well prepared ahead of time, frozen, and then reheated include: lasagnas, soups, chilis, pasta sauces, meat for tacos, bread etc. These frozen meals do not have to feed all 7 of the NET Team Members - even if they just feed up to 2 people, that's great!
2. **You can choose to:** pick up a few extra groceries on your next grocery trip. See the attached 'List of Foods' for some ideas!
3. **Or you can choose to:** purchase a monetary gift-card for a grocery store or a food place for any amount - even if it's just \$10.
 - a. Here are some ideas:
 - i. Tim Hortons, Booster Juice, McDonalds, Panago, Subway, Mr. Mikes, Original Joe's, Wendy's, A&W, Boston Pizza!
 - ii. Or try local pizza or sushi places, cafes, or any local restaurants - a good way to support local businesses!
 - iii. Any grocery stores in the area: you can pick up a gift card for Walmart, Safeway, Save On Foods or any local grocery stores in the area!

Once you have your donation, what's next?

The drop off area for the donation is Notre Dame School. Please email Colleen Richard at crichard@cispg.ca or call the school at 250-782-4923.

Some COVID Protocols to take!

- Those who will be preparing food to donate:
 - o repeatedly wash hands throughout preparation, ensuring that the prepared food is handled with clean hands and clean utensils at all times. When you drop off a frozen prepared dish, wrap it in aluminum foil or in a secure container and label

it with your name and contact information. Maintain social distance and wear a mask when dropping food off at the Pastoral Centre. The container will be returned to you!

- Those who will be buying food/gift-cards:
 - o When at the grocery store, maintain social distance from others, wear a mask, and when handling food, be sure to only touch what you're buying. When dropping off groceries or gift-cards, make sure they are securely packaged and wiped with a sanitization cloth. Once at the Pastoral Centre, we can also provide sanitization cloths to wipe the packaging.

List of Whole & Preserved Foods for Parishioners Who Wish to Purchase Groceries

Whole Foods

1. Fruits such as apples, oranges, bananas, berries, peaches // Vegetables such as cucumber, carrots, peppers, potatoes, avocados // Bread for sandwiches // Items for salads (Leafy greens such as spinach or lettuce) // Nuts, eggs // Rice, quinoa

Preserved Foods:

1. Canned or dried soup // Cans of Tuna or Salmon // Canned Beans // Peanut Butter, coffee grounds, tea, sugar // Frozen waffles, pancake mix, syrup, jam // Pasta, cereal, granola bars, dried fruit, crackers // Drinks such as pop, juice boxes, water bottles etc.

The NET Team will need food donations from the Dawson Creek community starting January 10th – 16th, and then March 28th – April 10th.

Thank you so much for your generosity, and for being a part of this missionary initiative in our school, parish, and Diocese.