



**The Catholic Women's League of Canada**  
**London Diocesan Council**

To: All Parish President, Community Life Chairs

CC: London Diocesan Council, Mary Capobianco OPC Community Life Chairperson

From: Pat Sloan, Community Life Chairwoman

Date: November / 2021

**Directive # 3**

“...teach us to share with others at home and abroad, the good things you have given us.”

**League Prayer**

One way we can live our League Prayer is to join The Food Bank Project. From now until June 30, 2022, Parish Councils are invited to donate to local food banks. You will have eight months to collect, volunteer your donations, and submit your efforts to National. These last eighteen months have been difficult for many people so let's all do our part in contributing to the project. A form was included in the fall parish mailing, I have attached it here for your convenience.

The OPC Truth and Reconciliation Working Group have been busy. Their main goals are:

- 1) Be aware of our past **LEARNING**;
- 2) Be inclusive in the present and support local efforts **LISTENING**;
- 3) Strive for a better future **ACTIONING**.

To see more info please visit the provincial C.W.L. website: [https://cwl.on.ca/wp-content/uploads/2021/11/CL\\_Communique-5.pdf](https://cwl.on.ca/wp-content/uploads/2021/11/CL_Communique-5.pdf)

We can all do our part as individuals and communities!

God Bless,

Pat Sloan



The Catholic Women's League of Canada  
Community Life Standing Committee

# FOOD BANK PROJECT

September 2021 – June 30, 2022



“...Teach us to share with others at home and abroad, the good things You have given us.”  
(The League Prayer)

Parish councils are invited to participate in this project to booster the supplies at local food banks. Councils will have ten months to collect, volunteer, tally their donations and submit their efforts by **June 30, 2022**. A detailed report will be provided to celebrate councils' contributions and participation.

**Some suggestions:**

- Collect top food bank items: (choose low sodium, low sugar and high fibre options when possible).
  - peanut butter
  - canned soup
  - canned fruit
  - canned vegetables
  - canned stew
  - canned fish
  - canned beans
  - pasta (most prefer whole grain)
  - rice (most prefer brown rice)
- Ask for two or three volunteers to collect, tally and deliver food bank items.
- Invite your parish to participate.
- Hold a parish collection to support global food needs through Mary's Meals at [marysmeals.ca](http://marysmeals.ca).

**Conversion Chart**  
 350 ml = .7716 lb  
 750 ml = 1.6535 lb  
 ([metric-calculator.com/convert-ml-to-lb.htm](http://metric-calculator.com/convert-ml-to-lb.htm))



## FOOD BANK PROJECT

September 2021-June 30, 2022

Parish Council Name: \_\_\_\_\_ (please print)

Diocese and Province: \_\_\_\_\_ (please print)

1. Number of pounds of canned and dry goods donated to local food bank. \_\_\_\_\_
2. Total amount of monetary donations made to local food bank. \_\_\_\_\_
3. Monetary support to Mary's Meals (<https://www.marysmeals.ca/en/>) \_\_\_\_\_
4. Sponsor a child with Mary's Meals. \_\_\_\_\_
5. Number of members volunteering at local food bank. \_\_\_\_\_
6. Additional information: \_\_\_\_\_

Please return by **June 30, 2022** to: The Catholic Women's League of Canada, C-702 Scotland Avenue, Winnipeg, MB R3M 1X5 or e-mail to Faith Anderson, National Chairperson of Community Life at [info@cwl.ca](mailto:info@cwl.ca).