

# NIIGAANIIN

Client and Community Newsletter  
FEBRAURY 8, 2024



## *Niigaaniin Hours*

*Mon-Thurs 9:00-4:30 - Fridays 9:00-4:00*

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**STATEMENT DUE FEBRAURY 16**

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## ***OESP PROGRAM***

***CHECK YOUR HYDRO BILL FOR OESP EXPIRE  
RENEWAL YEARLY***

***CALL Darrell Jacques  
705 356 1621 Ext 2235***

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## ***ODSP FN WORKER***

***STACEY ARMSTRONG***

***Sarmstrong@niigaaniin.com***

***(705) 356 1621 - EXT 2352***

***FAX 705-356 0728***

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***LMI COORDINATOR***

***KRISTEN JACKPINE***

***LABOUR MARKET INITIATIVE SURVEY***

***LMI COORDINATOR @MISSISSAUGI.COM***

***705 356 1621 EXT 2351***

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## ***"QUOTE OF THE WEEK"***

***"Opportunity is missed by most people because  
it is dressed in overalls and looks like work"***

***-Thomas Edison***

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## ***Ontario Works Clients!***

***Don't forget to submit your***

***Direct Deposit Form***

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***IF YOU WERE A CLIENT IN 2023***

***T 5007 Forms are ready for pick-up***

***See Kristen at Niigaaniin***

# Mississauga First Nations

## LOCAL AREA - JOB OPPORTUNITIES

Position	Employer/Location	Closing date
Various positions available	Mississauga FN - check community flyer	until filled
Various Positions Available	Garden River FN	until filled
Various Positions Available	Serpant River FN	until filled
Various Positions Available	Sagamok FN	until filled
Home Care Nurse	Maamwesying/GRFN-BAFN-Thessalon	02/09/24
Team Assistant	Maamwesying/Culter/SSM IFC	02/13/24
Mental Health Counsellor	Maamwesying/Northshore communities	02/14/24
Labourer	Town of Blind River	02/16/24
Labourer	Milltown Motors/Blind River	02/09/24
Afterschool Program Resource	MFN	4/4/24
Baker	Tim Hortons/ Blind River	2/8/24
Night Shift team members	Tim Hortons/Blind River	2/8/24
Bricklayer	Jacs Masonry	4/30/24
PSW	Algoma Manor/Thessalon	2/29/24
Assistant Director	East Algoma Community Futures/Blind River	2/16/24
Summer Student	Canadian Food Inspection/Gov.of Canada/St. Catharines – May to Sept	
Various positions	NOG/various communities	until filled
Various positions	Cameco – check their website out	until filled
Various positions	Northshore Health Network	until filled

Other Websites for job postings: Indeed; LinkedIn; Google jobs; Job-Bank.gc.ca; employment solutions

Also: Gas Attendants/Cashiers / Casual Parttime - Broken Canoe /ask for Jacquie

- If you are on OW or EI or not working or need training ISETP's can offer you the following: Apprenticeships; Employment Supports/Startup; wage subsidies; Mobility/relocation assistance; Skills enhancement/Direct Course Purchase; Youth Work Experience; Student Employment; Career and Educational development: Self Employment Assistance \*

Summer Students – If you like working with Kids and want to share your skills then check with [Muskokawoods.com](http://Muskokawoods.com).

If you need help or assistance, you can call Rob our employment Counsellor at 705-356-1621 ext.2237 but please do not wait for the last minute. Call and make an appointment.

When applying for any position/job the process involved is: Where do you apply; in person; mail; fax; email or phone. Before applying, please read and follow all the instructions that is required from the employer, or you may be screened out and not get that interview.





**Position:** Health Educator

**Salary:** \$49,121 - \$55,810

**Hours of Work:** 32 hrs

**Circulation Level:** Level I

**Accountability:** Health Services Manager

**Employment Status:** 2 years contract

**Preferences:** MFN Band Members

**The Health Educator will:**

- Work collaboratively to engage children, youth, adults, and elders in the promotion of wholistic health, protection of health and prevention of disease
- Ensure that Mandatory Health program standards are met
- Ensure the confidentiality of all client information written, spoken, or electronically created and always maintained
- Adhere to the Scope of Practice guidelines set out by the College of Nurses
- Plan and implement health educational resources, seminars and workshops and community activities that focus on prevention and healthy living
- Facilitate and coordinate health programming to the identified target groups within the community
- Develop and implement community awareness campaigns, i.e.: smoking cessation, growth and development, PSA clinics, breast self-examination clinics, STI's, FASD in collaboration with Health Promotions Coordinator, Family Resource Coordinator and Youth Coordinator
- Ensure that all programming is age appropriate and culturally appropriate
- Act as a resource in health education promotion for other MFN programs
- Prepare in collaboration with the Health Unit articles for the community newsletter and flyer
- Provide direct client care within the scope of practice for RPN and provide appropriate referrals beyond the scope of practice. i.e., NP, RD, MD, OT, PT, etc.
- Provide one on one counselling to clients as needed
- Encourage and promote a multi-disciplinary approach to meet the client's identified needs.
- Plan and organize pre-natal classes to expectant moms and partners
- Provide home visits to pre- and post-natal mothers and babies in the community
- File lab reports on charts for later review by Community Health Nurse, Nurse Practitioner, and physician Networking
- Establish linkages with the local health services off-reserve to provide appropriate responses to community members' requests
- Support in ensuring proper storage is maintained for immunization supplies, including twice daily recording of refrigeration temperatures
- Ensure medical equipment and supplies are updated and maintained regularly, including cleaning of equipment, etc.
- Prepare and submit quarterly and annual reports of, activities, statistical program, immunization reports, communicable disease report, etc.
- Promote a team approach through cooperation and effective communication with colleagues, clients, and other organizations

**The Health Educator will possess the following education, experience, and skill qualifications:**

- Registered Practical Nurse (RPN) diploma.
- Two years' experience working in a community-based health setting preferred
- Current registration with College of Nurses in Ontario
- Certification in Diabetes Educator an asset
- CPR and First Aid Certificate
- Must have Class 'G' Ontario Driver's license in good standing and must be able to travel.
- Must provide a clear Criminal Reference Check from the Canadian Police Information Center (CPIC)
- Knowledge of and respect for Anishinabek history, practices, teachings, language, values, and beliefs
- Experience and proficient in Microsoft word, excel, PowerPoint, internet, email software and Electronic Medical records
- Conduct output and outcome evaluations of programs and services.
- Knowledge of the Occupational Health and Safety Act as it applies to the worker.
- Knowledge of the Workplace Hazardous Materials Information System

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**WALKING IN BALANCE**

A socially and culturally healthy community where individuals have the opportunity to prosper and to achieve their full potential spiritually, emotionally, mentally, and physically through generous and unselfish support for one another, while pursuing balance and harmony within, with each other, and with Mother Earth.

- Experience in group and one-on-one facilitation work, counselling, and health teaching skills
- Ability to work with flexible hours when necessary
- Assist in developing policies and procedures as per mandated programs

**TO APPLY:** Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job posting. If you are a member of MFN or of Indigenous descent, please include this information in your cover letter. We rely on the information you provide to us in your application during screening. **Successful candidates** who receive interviews **must** provide copies of their education qualifications and certifications at the time of interview. Please note that all interviews will be **in person**. **If you would like a copy of the full job description** and/or are interested in applying you may submit your covering letter, resume and three (3) work related references to:

Mississauga First Nation  
P.O. Box 1299 Blind River, Ontario P0R1B0  
Attention: Human Resources Department  
Marked: **CONFIDENTIAL**  
**EMAIL:** [hrclerk@mississaugi.com](mailto:hrclerk@mississaugi.com)    **FAX:** 705-356-1740  
**Deadline: February 13, 2024**

*Thank you to all applicants; however, only those selected for an interview will be contacted.*

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**Position:** Debaakinagewin Enaagadoot

**Salary:** \$49, 121.00 - \$55, 810.00

**Hours of Work:** 32 hrs

**Circulation Level:** Level I

**Accountability:** Chi-Naakinagewin Manager

**Employment Status:** Full-time (2 year contract)

**Preferences:** MFN Band Members

**The Debaakinagewin Enaagadoot will:**

- Ensure the Debaakinagewin Circle meets regularly, either in person or remotely, on the status of the project, its progress, and its needs
- Ensure that when a matter comes before the Debaakinagewin Circle that all the necessary background material is in hand and assist the lead facilitator in their duties
- Coordinate training opportunities for the Circle and participate to become a certified facilitator
- Assist in the development of Debaakinagewin Policy and Debaakinagewin Training Manual in coordination with the Circle
- Attend stakeholder meetings to solicit feedback, input, and expectations; incorporate the input into project plans
- Record decisions made and actions to be taken from the Circle
- Undertake special research, communications, and developing briefs/reports as necessary for the Circle to operate effectively
- Maintain records of conferences and provide follow-up reports and final reports once agreements are completed
- Attend Courts as they occur to liaise with Crown, Police, Probation Officers, and Justice Circle to arrange conferences
- Hold community meetings to educate members in diversion strategy and to determine needs and wishes on a bi-monthly basis
- Provide monthly activity reports, meeting reports and/or other reports to Program Managers, Chief & Council as requested
- Liaise with court, police, judges, and probation officers to arrange for mechanism to divert charges to Restorative Justice Coordinator in coordination with the Chi-Naakinagewin Manager

**The Debaakinagewin Enaagadoot will possess the following educational qualifications, skills, experiences, and attributes:**

- Minimum post-secondary degree in related field, e.g., Indigenous Studies, Criminal Justice, Law, Social Studies; and/or three to five years of related work experience
- Must be a Mississauga First Nation member or of Indigenous descent
- Must have a Class "G" Driver's license in good standing and able to travel
- Must provide a Criminal Records Check from the Canadian Police Information Centre (CPIC).
- Ability to speak Ojibwe a definite asset
- Excellent communication, negotiation, and conflict resolution skills
- Experience with group coordination

**TO APPLY:** Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job posting. If you are a member of MFN or of Indigenous descent, please include this information in your cover letter. We rely on the information you provide to us in your application during screening. **Successful candidates** who receive interviews must provide copies of their education qualifications and certifications at the time of interview. Please note that all interviews will be **in person**. If you would like a copy of the full job description and/or are interested in applying you may submit your covering letter, resume and three (3) work related references to:

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Attention: Human Resources Department  
Marked: **CONFIDENTIAL**  
**EMAIL:** [hrclerk@mississaugi.com](mailto:hrclerk@mississaugi.com) **FAX:** 705-356-1740  
**Deadline:** February 19, 2024

*Thank you to all applicants; however, only those selected for an interview will be contacted.*



**Position:** Receptionist/Admin Assistant

**Salary:** \$42,947 – \$48,805

**Hours of Work:** 32 hrs/week

**Circulation Level:** Level I

**Accountability:** Child & Family Services Manager

**Employment Status:** 2 years contract

**Preferences:** MFN Band Members

**The Receptionist/Administrative Assistant will perform the following duties:**

- Develop and implement a confidential filing system and maintain all files.
- Prepare and modify documents including correspondence, expense claims, reports, drafts, memos, briefing notes, power points, timesheets, and emails.
- Create, input data, and maintain excel spreadsheets and/or a data base system as required.
- Assist in the preparation of reports for stakeholders i.e. Chief and Council, Community, Funding Sources.
- Organize Team meetings and Committee meetings by drafting and circulating notices and agendas. Arrange for room set-up, refreshments, and equipment, if required.
- Attend, participate, prepare, record, and distribute meeting minutes when required.
- Coordinate travel and accommodations.
- Create, update and/or make amendments to all relevant policies.
- Perform general office duties including answering incoming calls, providing general information on request, faxing, copying, scanning, distributing mail and other duties when needed.
- Ensure proper functioning of all office equipment, supplies and vehicles. Make appropriate arrangements for repairs and/or maintenance.
- Obtain price quotations from catalogues and/or suppliers and complete a purchase order and submit for authorization by appropriate personnel; Contact suppliers to resolve shortages, missed deliveries and/or other problems.
- Participate in supervisory meetings, performance appraisals and self-evaluation.
- Assist with orientation of new department staff, organize office space, and supplies as required in conjunction with Social Services Director and Band Representatives.
- Welcoming and directing visitors, by greeting them in person or on the telephone, using discretion in providing requested information.
- Answering general inquiries and making referrals as required and/or take messages.
- Maintaining a safe and clean reception area and maintaining office equipment.
- Receiving, sorting, and distributing all incoming and outgoing mail to the appropriate personnel.
- Monitoring fax machine for incoming faxes and sends outgoing faxes as needed.
- Ensuring office is locked up before leaving for the day, maintaining an information bulletin board.
- Being aware of location of staff, home visits, office meetings and other events.
- Participating in ongoing development and team activities.
- Performing other related duties as may be required and assigned.

**The Receptionist/Administrative Assistant will possess the following qualifications, skills, experiences, and attributes:**

- A College Diploma in Social Services or Health related field and/or two (2) years clerical experience in social services and health with a strong administrative background.
- Must possess current First Aid and CPR certificate
- Driver's license, insurance and access to a vehicle required
- Clear Vulnerable Sector Check (CPIC)
- Ability to work flexible hours
- Knowledge of cultural practices and teachings.
- Must possess demonstrated Advanced Excel is requirement for this position.
- Knowledge of bookkeeping is essential for this position.
- Excellent communication skills, organizational and time management skills. Excellent interpersonal skills.
- Budgeting skills.
- Must possess demonstrated skills in computer programs, databases and applications for document sharing, power point presentations, e-communication, social media, etc.

**TO APPLY:** Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job ad. Using concrete examples, you must show how you demonstrated the requirements for this job. We rely on the information you provide to us in your application during screening. Successful candidates who receive interviews must provide copies of their education qualifications and certifications at the time of interview. Please note that all interviews will be in person. If you are interested in applying you may submit your covering letter, resume and three (3) work related references to:

Mississauga First Nation Attention: Human Resources Department  
P.O. Box 1299 Blind River, Ontario P0R1B0

Marked: **CONFIDENTIAL**

**EMAIL:** [hrclerk@mississauga.com](mailto:hrclerk@mississauga.com) **FAX:** 705-356-1740

**Deadline: February 23, 2024**

***Thank you to all applicants; however, only those selected for an interview will be contacted.***

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**Position:** Executive Assistant

**Salary:** \$47,889 - \$54,412

**Hours of Work:** 32 hrs/week

**Circulation Level:** Level I

**Accountability:** Social Services Director

**Employment Status:** 2 years contract

**Preferences:** MFN Band Members

**The Executive Assistant will perform the following duties:**

- Review and prioritize incoming correspondence directed to the Director of Social Services, reroute, or copy as appropriate, and/or attach pertinent files or related correspondence.
- Receive, screen, and direct telephone calls for the Director of Social Services.
- Prepare professional and confidential correspondence, memos, and documents.
- Schedule and document dates of meetings, and record minutes during meetings.
- Liaise with the Director of Social Services to develop meeting agendas, prepare reports, and obtain material for the managers, Funders, and external Agencies.
- Prepare and distribute agendas, minutes, and supporting documentation for meetings.
- Coordinate and organize travel accommodations, meeting space, food, and other supplies for meetings.
- Attend internal, local, regional, and provincial meetings. Prepare agendas and documentation required for meetings.
- Implement financial processes in the performance of duties such as purchase orders, cheque requisitions, requests for payments, etc.
- Liaise with Ministry staff, Officials from both the Provincial and Federal governments, Chief and Council, First Nation Administration, lawyers, and other organizations and agencies.
- Maintain a calendar of events, respond to requests for attendance at events, and coordinate agency representation in collaboration with the Director of Social Services.
- Maintain the filing system of the Director of Social Services and department documents.
- Ensure confidentiality and safekeeping of all department documents and records.
- Work in compliance with the Occupational Health and Safety Act and any other relevant legislation.
- Prepare and submit monthly attendance records and travel expense claims.
- Follow the organization's human resources, finance, and other policies and procedures in the performance of duties.

**The Executive Assistant will possess the following qualifications, skills, experiences, and attributes:**

- Preference will be given to those holding a Post-Secondary Diploma or degree in Business Administration or equivalent experience in administration.
- Must provide a clear Police Records Check with Vulnerable Sector Check
- Must have a Class 'G' Ontario Driver's License, access to a vehicle and the ability to travel
- Must have \$1M automobile insurance coverage.
- Proficient computer skills with MS Office Software
- Excellent planning, organizational, interpersonal and customer service skills
- Excellent conflict-resolution and problem-solving skills
- Excellent oral and written communication skills; Excellent administrative, research, and time management skills.
- Ability to accurately and efficiently record and develop meeting minutes, ability to develop high-level professional documents
- Ability to manage multiple priorities and work in a fast-paced environment
- Ability to demonstrate a high level of initiative
- Ability to work independently and within a team environment; Ability to meet deadlines and work flexible hours
- Ability to display a positive helpful attitude; Ability to adapt to change
- Ability to work with senior management, committees, government agencies, and aboriginal organizations
- Ability to understand and speak Anishinaabemowin is a definite asset

**TO APPLY:** Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job ad. Using concrete examples, you must show how you demonstrated the requirements for this job. We rely on the information you provide to us in your application during screening. Successful candidates who receive interviews must provide copies of their education qualifications and certifications at the time of interview. Please note that all interviews will be in person. If you are interested in applying you may submit your covering letter, resume and three (3) work related references to:

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✉ info@koognaasewin.ca

☎ 1-877-633-7558

🌐 www.koognaasewin.com

# Child Well-Being Law Initiative

The Koognaasewin Initiative seeks to support all North Shore First Nations' interested in developing their own community-based Child Well-Being Law and system design.

**To Learn more about the Koognaasewin Project, follow our social media accounts, and read about the project online at [www.koognaasewin.com](http://www.koognaasewin.com). Please subscribe to our email list for the latest updates.**



@koognaasewin

Koognaasewin Child Well-Being Law Initiative



## Ways to get involved.

01. Attend community engagement sessions,
02. Read the Anishinaabe Laws and Customs Research on Child Wellbeing.
03. Watch our micro videos online.





# **COMMUNITY NEWSLETTER**

**THE WIINDAMAAGEWIN  
ENAAGADOOT IS LOOKING FOR A  
FLYER DELIVERY PERSON.**

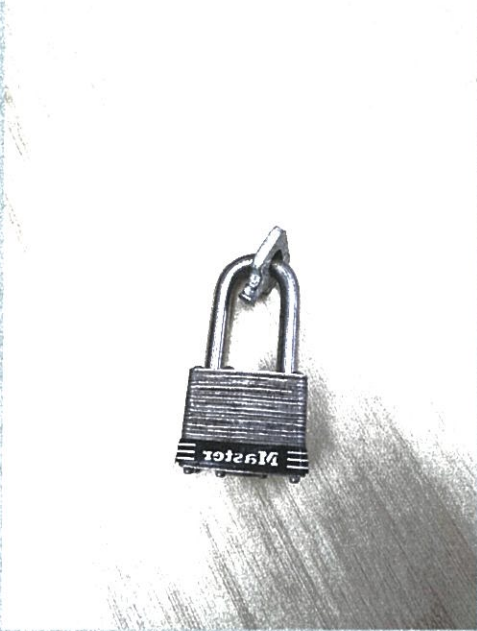
**DELIVERY WILL BE EVERY 2 WEEKS  
ON A THURSDAY**

**IF INTERESTED OR FOR MORE INFORMATION  
PLEASE CONTACT CHEYENNE CORBIERE**

**WIINDAMAAGEWIN@MISSISSAUGI.COM  
OR BY PHONE**

**705-261-1104**

# MISSING: Power Tools at MFN Community Gitigan



## **Statement from the Community Economic Development Department:**

The department's goal is to work with interested community members to learn about and address topics on food security and provides access to fresh, sustainable crops. Recently the portable office housed at the gitigan site was broken into and a number of power and hand tools were removed. We are looking to hear from anyone who may have witnessed any recent activity at the site.

Staff work throughout the year at the gitigan site to provide fresh produce to the Food Pantry and to support food securities initiatives. This is a resource for the entire community benefits from. Incidents like this impacts the program's ability and efficiency to provide these resources.

If you have information regarding these items, we urge you to contact:

1-800-222-TIPS

or

Tammy King

705-356-1621 x 2260

[tammyking@mississauga.com](mailto:tammyking@mississauga.com)



## ECONOMIC DEVELOPMENT COMMITTEE



Mississauga First Nation is seeking interested community members to sit on the community's economic development committee.

The goal of the committee is to support and promote Mississauga First Nation's Vision and Mission Statements and Seven Guiding Principles. The committee also addresses active and proposed initiatives that support the advancement of the community's economic profile for businesses and community member interests.

Meetings are held once every two months (subject to change). The committee members work with the Community Economic Development Officer on project profiles to review updates and provide input for Chief and Council. This term interested off-reserve band members may submit an expression of interest to join the committee and will be able to attend meetings virtually.

**Please submit an expression of interest by February 12, 2024 to:**

<b>via letter mail</b> Mississauga First Nation P.O. Box 1299 Blind River, ON P0R-1B0	<b>via email</b> <a href="mailto:joncada@mississaugi.com">joncada@mississaugi.com</a>
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For additional inquiries, please contact Jon Cada at: 705-356-1621 ext. 2223



## CALL OUT FOR WORKING GROUP MEMBERS



Strategic Plan  
Eco-Tourism  
Culture & History

Investments  
Business Review  
Growth

We are seeking interested community members to sit on a working group to review the business model at Chiblow Lake Lodge.

Members of the working group focus on the community-owned business and will be engaged in the review process to update the business model. The goal of the committee is to address ideas and opportunities to grow the business into a sustainable and attractive destination point in Northern Ontario. Working group members will advise other committees on strategies, concerns and activities related to the campground and its operations.

Meetings are held once every two months with additional meetings pending discussion. The working group reports to the Community Economic Development Officer to make recommendations and suggestions for the Community Economic Development committee.

**Please submit an expression of interest by February 12, 2024:**

<b>via letter mail</b> Mississauga First Nation P.O. Box 1299 Blind River, ON P0R-1B0	<b>via email</b> joncada@mississaugi.com
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For additional inquiries or a copy of the terms of reference, please contact:  
Jon Cada at 705-356-1621 ext. 2223



# Membership Committee

Are you looking for ways to get involved with the community?

Are you interested in the history of MFN?

Would you like to know more about registration?

Would you like to share your knowledge of MFN?

If you answered YES! to any of these questions then submit your name for the Membership Committee.

## Requirements to join the membership committee

- Must be a Registered Band Member
- Must be 18 or over
- NO previous experience on a committee required
- Able to commit to a few hours every other month to attend meetings
- Have a working email address and ability to check it
- Must be living on Reserve

If you would like to Join the Membership Committee please submit your name and contact info to [stacyb@mississaugi.com](mailto:stacyb@mississaugi.com) or (705) 356-1621 ext. 2239.

**Looking to fill 6 vacancies for the  
2023 – 2026 term**

# DOGS OF MFN CALENDERS AVAILABLE

**\$20.00 each**

Available for purchase at the reception  
desk at the Band Office.

Limited time only.

All proceeds will be going to  
veterinarian clinical services for  
Mississauga First Nation.





**LANDS AND  
RESOURCES**

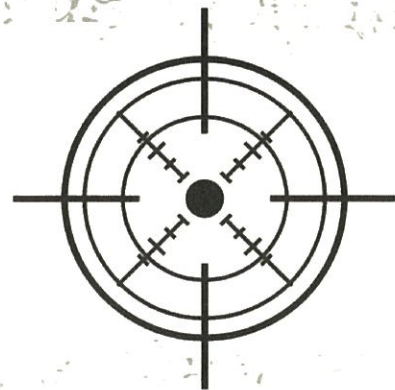
# **PAL COURSE**

**FUTURE COURSES TO BE  
ANNOUNCED FOR MARCH AND  
APRIL**

**LANDS AND RESOURCES ARE LOOKING  
FOR BAND MEMBERS INTERESTED IN  
TAKING THE PAL COURSE (POSSESSION  
AND ACQUISITION LICENCE)**

**PLEASE CONTACT:**

**Scott Richer  
705-356-1621 ext. 2259  
scottricher@mississaugi.com**





# ICE SAFETY



## Ice safety tips

### Uneven

- remember—ice doesn't freeze at a uniform thickness
- near-shore ice is often much thicker and safer than ice farther out, especially at the start of the winter season
- check thickness regularly with a spud bar or auger as you move farther out
- ice that formed over flowing water, springs, pressure cracks, old ice holes or around the mouths of rivers and streams can be weaker than surrounding ice

### Colour

- clear blue ice is the strongest
- white or opaque ice is much weaker
- stay away from ice that looks honeycombed, common during thaws or in the spring

### Driving on ice

- be careful when driving snowmobiles or vehicles over frozen lakes or rivers
- snowmobiles need at least 20 centimetres (8 inches) of clear blue ice
- light vehicles need 30 centimetres (12 inches) or more
- double the thickness if the ice is white or opaque
- heavy snow on a frozen lake or river slows down the freezing process

### Before you venture out

- check ice conditions with local ice hut operators or other anglers
- let others know where you're planning to fish and when you plan to return
- wear appropriate clothing and equipment for safety and comfort

<https://www.ontario.ca/page/ice-fishing>





# Education Committee

**We are looking for Committee Members for  
the 2024 - 2027 term!**

The Education Committee is comprised of community members who volunteer their time, and energy to assist in overseeing community needs regarding education, advising the Education Director of community input and establishing a vision for future generations. For more information, please visit [www.mississauga.com/education](http://www.mississauga.com/education)

**Please submit letters of interest by February 29, 2024**

Contact:

Stacey Schellekens, Education Director

[stacey@mississauga.com](mailto:stacey@mississauga.com)

705-356-1621 ext. 2301

# **BACKYARD MEDICINE**



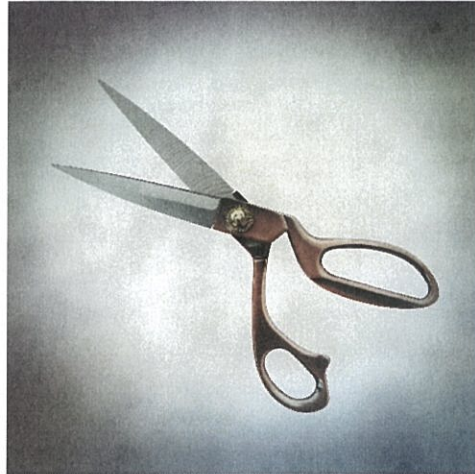
**Where:** Education Building

**When:** Wednesday's 6-8pm on

**Feb 14, 21, and 28**

**Learn about the plants  
growing on our land!**

[danaboyer@mississaugi.com](mailto:danaboyer@mississaugi.com)



# CREATIVE NATIVE

Everything from painting, sewing, card making and a variety of other seasonal activities.

Education Building 6pm - 9pm

For Friday Evening Fun!

**Dates: February 9, 16, 23**

[danaboyer@mississauga.com](mailto:danaboyer@mississauga.com)

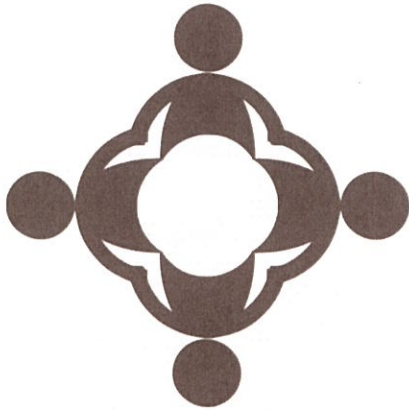


# RED DRESS DAY PIN MAKING

MAKING PINS TO HAND OUT ON  
MAY 5<sup>TH</sup> TO HELP RAISE  
AWARENESS OF OUR STOLEN  
SISTERS AND BROTHERS.

EDUCATION BUILDING - 10AM-12PM

DATES: MARCH 7<sup>TH</sup>,  
APRIL 4, 11, 18, AND 25<sup>TH</sup>.



# **Ladies Hand Drumming**

**MEETING TIME:** Monday's 6 pm to 8 pm

**LOCATION:** Education Building

**DATES:** Feb 12, 19, 26

**EVERYONE IS WELCOME**

Contact for more info at [danaboyer@mississauga.com](mailto:danaboyer@mississauga.com)

705.356.1621 ext. 2257



# CLASS ROOM IS OPEN



Our classroom is open every Monday Night from 5-7pm. Starting In **February**



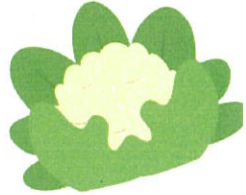
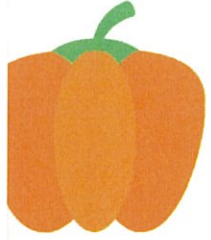
705-356-1621 Ext 2303



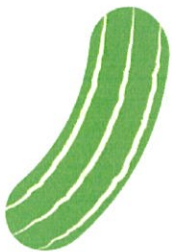
[www.mississauga.com](http://www.mississauga.com)



# WEDNSDAY'S SOUP SOCIAL LUNCH "N" LEARN WITH KOOGNAASEWIN



February 14, 2024 starting at noon  
@ the Education Building



# Introduction to: Financial Literacy for Indigenous Peoples



## You're invited!

Join us for an Introduction to Financial Literacy for Indigenous Peoples and discover how this 8 module learning series will provide you with tools to make informed financial decisions.

### Details

**Tuesday, February 13<sup>th</sup>, 2024 at 11:00 am EST**

Virtual Event Call Melissa @ 705-356-1621 Ext 2303 to register

**Register today! Space is limited.**

[Click Here](#)



Sincerely,  
Chantal Giroux  
Group Consultant  
705-690-9989  
chantal.k.giroux@rbc.com  
[www.rbcroyalbank.com](http://www.rbcroyalbank.com)

[Privacy & Security](#) | [Legal](#)


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If you received this email in error, please advise the sender (by return email or otherwise) immediately. You have consented to receive the attached electronically at the above-noted email address; please retain a copy of this confirmation for future reference.

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**MISSISSAUGA FIRST  
NATION  
DRUM SOCIAL  
HOSTED BY HEALTH AND SOCIAL  
SERVICES**

**Potluck Style Dinner Bring your Favourite  
Traditional Dish or Favourite Dish to share.**

**Food will be provided for all**

**The first 30 participants will receive a gift.**

**Where: Mississauga First Nation Sports Complex**

**When: Friday February 23**

**Time: 6:00-8:00PM**

**Transportation Available: Please call if you require  
transportation @ 705-356-1621- EXT: 2228**

**Children under 12 years old must be accompanied by an  
adult.**

**Questions, Please Call 705-356-1621 EXT:2228**



MISSISSAUGA MICHIGAN SAC

# DRUMMING

5:30 - 6:30PM

FEB

08, 22

MAR

7, 21

APR

4, 18

MAY

2, 16, 30

JUN

13, 27

For more information email:  
[skycada@mississauga.com](mailto:skycada@mississauga.com)



LIGHTING THE  
**SACRED  
FIRE**

WE WILL BE  
LIGHTING THE  
SACRED FIRE FOR  
MFN COMMUNITY.

COME PRAY, STAY,  
TALK OR JUST  
ENJOY THE FIRE.

THURSDAYS  
OUTSIDE THE  
CULTURE BUILDING  
- 96 PARK ROAD

9:00 AM TO 3:00  
PM

**MORE INFORMATION**

SKY CADA - 705-261-1370  
SKYCADA@MISSISSAUGI.COM



# **WELLNESS THURSDAY'S**

Starting Thursday, January 25th, we will be starting a 7-week Luncheon session on The Seven Grandfather Teachings. Roger Daybutch will facilitate the sessions. Happening in the Culture building @ 12 PM

**EVERYONE IS WELCOME**

If you have any questions contact Sky Cada at 705-356-1621 ext 2228 or email [skycada@mississaugi.com](mailto:skycada@mississaugi.com)



AL-ANON

AL- ANON meeting

Have you or a family member been affected by another's drinking or drug addiction?

Please come out and join us at the Cultural Building - 96 Park Road - to find out what AL-ANON can do to help you.

Meeting Day/Time:

Monday - 6:00 - 7:00 PM

There you will find a fellowship of others who share your same challenges

Light Refreshments provided



# NA MEETINGS



**"AT ANY GIVEN MOMENT YOU HAVE THE  
POWER TO SAY THIS IS NOT HOW MY STORY  
ENDS"**

**NA meetings happen Tuesday's at 7:00 PM  
in the Culture Centre.**

**Light refreshments will be provided.**

**\$20.00 Tim Hortons gift card drawn  
monthly.**



**FOR MORE INFORMATION:**

**[skycada@mississaugi.com](mailto:skycada@mississaugi.com)**

# ATTENTION



**IF YOU HAVE A NALOXONE  
KIT PLEASE CHECK THE  
EXPIRY DATE**



See Krysta Sawyer or Sky Cada to get a new kit. If you have any questions feel free to contact 705-356-1621 ext. 2231 or 2228

Family Resource Coordinator  
Prenatal and Families with children 0-6 yrs

## Traditional cooking with our Elders



Date: Feb. 14/24

Time: 10-1

Where: Child &  
Youth Building

fish/wild rice/baked  
scone

To participate please call or email Christine ASAP so appropriate  
arrangements can be made.

705-356-1621 ext. 2254

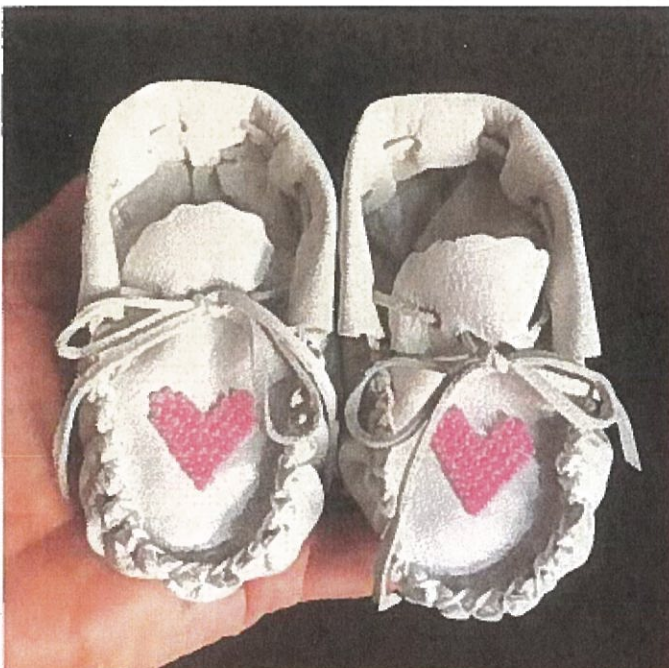
[christine@mississaugi.com](mailto:christine@mississaugi.com)



Mississauga First Nation  
Family Resource Coordinator

COME OUT AND MAKE YOUR LITTLE ONE  
SOME MOCCASIN 0-6 YRS

Thursday February 15 2024  
Child & Youth Building  
10:00-2:00



Sally will be there to assist every step of the way. You will be going home with your moccasins

all material supplied

Lunch and refreshments provided

To participate please call or email Christine Owl at: 705-356-1621 ext. 2254  
or email: [christine@mississaugi.com](mailto:christine@mississaugi.com)

Family Resource Coordinator

---

## **Presentation and Questions: The end of our Breastfeeding Journey**



**Lunch and Learn**  
**Activity Room Band Office**  
**February 20<sup>th</sup>, 2024**  
**12:00-1:00**

With Hayley Horton – North Channel Midwifery

Please call or email Christine Owl to confirm your participation.

705-356-1621 ext. 2254 or email: [christine@mississauga.com](mailto:christine@mississauga.com)

**JOIN US FOR MOMMY & ME SUPPORT  
GROUP**

**FEBRUARY 22, 2024**

**START AT 11:00 AM**

At the Child & Youth Building

Mommy & Me provides the opportunity to get out of the house, meet other mothers and share the highs and lows of motherhood

This month we will be making baby tie blankets



To participate please call or email Christine Owl  
@ 705-356-1621 ext. 225 or email:  
[christine@mississaugi.com](mailto:christine@mississaugi.com)

## **Family Resource Coordinator For Families 0-6 years**

---

Does your child need a ribbon shirt or skirt? Save your spot with the Family Resource Coordinator. Please include the size of shirt you will need for boys ASAP.

Please note this will be the only time this program is available.



**Date: February 25<sup>th</sup>, 2024**

**Time: 10:00-4:00**

**And**

**Date: February 26<sup>th</sup>, 2024**

**Time: 5:00-9:00**

**Where: Both Dates at Child & Youth Building**

Please call or email Christine Owl with your preferred date either

Sunday (10-4) or Monday (5:00-9:00)

705-356-1621 ext. 2254 or

[christine@mississauga.com](mailto:christine@mississauga.com)

Family Resource Coordinator

Community Health Nurse

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## **Baby Feeding and Beyond**

Looking for signs of readiness

First foods/puree and textures

Introduction to allergens

Baby food preparation



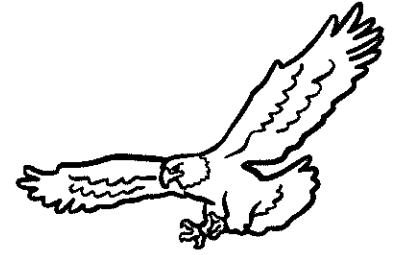
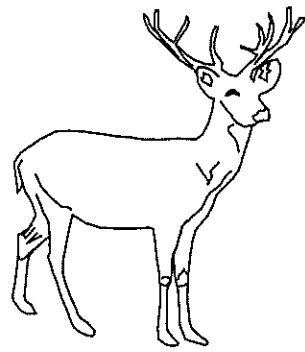
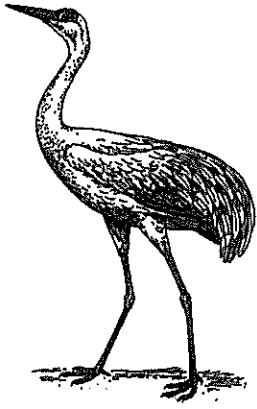
**Date: February 28<sup>th</sup>, 2024**

**Time: 11:00 – 1:00**

**Where: Child & Youth Building**

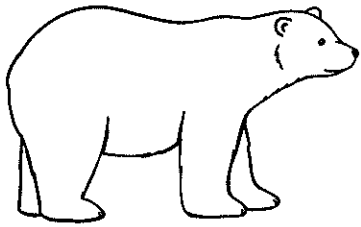
For more information or if you would like to participate, please call or email:

705-356-1621 ext. 2254 or [christine@mississauga.com](mailto:christine@mississauga.com)



Cultural Support  
social services dept

**CLAN TEACHINGS  
WITH  
MIKE BISSON**

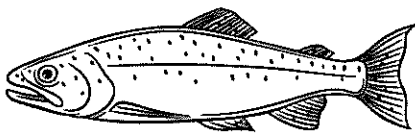


Thursday, February 15, 2024

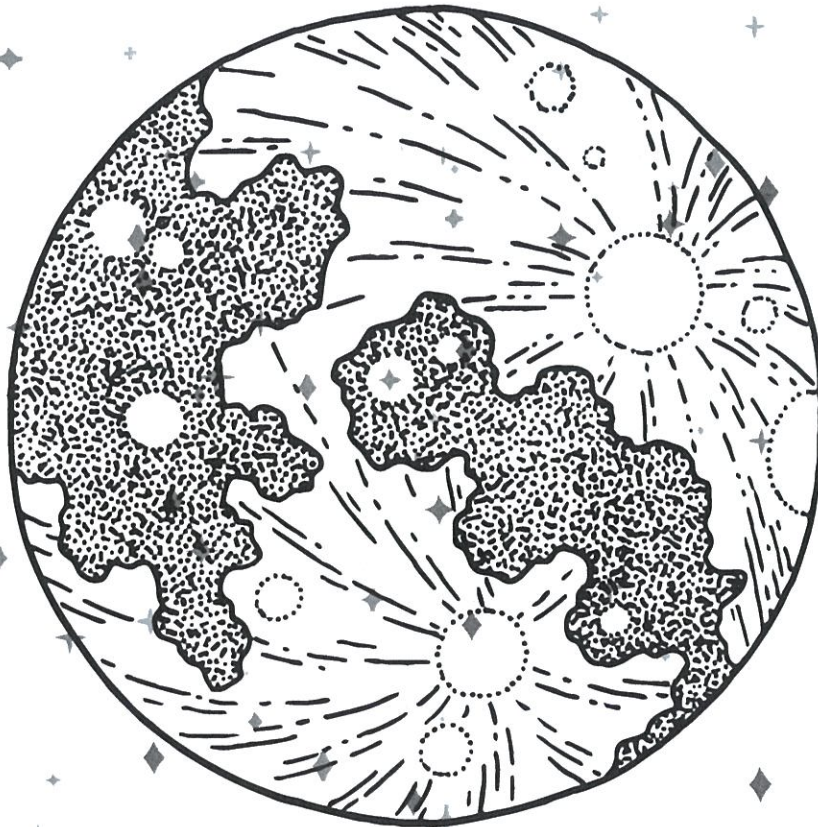
10:00am - 3:00pm

at the Cultural Building

Lunch Provided



Please call Evelyn or Cedar at  
705-356-1621 ext. 2360



Full Moon Ceremony  
honouring the  
Wolf Moon/Snow Moon

Saturday, February 23, 2024

@ 7:00 pm

being held at the Cultural Building

please call Evelyn or Cedar at  
705-356-1621 ext. 2360





# Aanii/Boozho

Evelyn N'dizhnikaz.

I have accepted a 3-month contract with the Social Services Department, focusing on Cultural Ceremonies and Teachings.

I am excited to be back working for our community and look forward to providing Ceremonial Teachings, and assisting with Spirituality and Well-being as it all relates to the Anishinaabe way of Mino Bmadiziwiin.

*Come visit me at the Social Services Department or give me a call at 705 - 356 - 1621 ext. 2360*

*Chi-Miigwetch*

*Niikaanigaana*

*Evelyn Niganobe*

[csw@mississauga.com](mailto:csw@mississauga.com)





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# Aanii! I'm Cedar Chiblow



I am a new member of  
the Social Services  
Department, working as  
the Cultural Support  
Helper/Programming  
Assistant



- I'm excited to help assist in providing our
- ✦ community with cultural practices, such as ceremonies and teachings
- ✦ I plan on going to university next September to study Child and Youth studies
- My interest in working with the community,
- ✦ especailly children and youth, makes this position a great opportunity for me

---

I am very excited to learn alongside the cultural team here at Mississaugi First Nation. / *Cedar Chiblow*

cedar.chiblow@mississaugi.com

SNACKS . MUSIC . DANCE . LOVE

FAMILY  
**Valentine's Day**  
Dance

**16th Feb 2023**

FOR  
CHILDREN  
12 AND  
UNDER  
MUST BE  
ACCOMPA  
NIED BY  
AN ADULT

WORKING IN PARTNERSHIP  
WITH EARLY YEARS WORKER,  
COMMUNITY SUPPORT  
SERVICES WORKER AND  
THE COMMUNITY HEALTH  
ACTIVATOR

MISSISSAUGA COMMUNITY  
HALL

7:00 - 9:00 P.M.

TRANSPORTATION CAN BE PROVIDED WITH  
1 TO 2 DAYS NOTICE PRIOR TO THE DAY OF  
EVENT

FOR MORE INFORMATION OR TO BOOK YOUR RIDE, PLEASE  
CONTACT KIM CADA AT [EYWORKER@MISSISSAUGI.COM](mailto:EYWORKER@MISSISSAUGI.COM)

MISSISSAUGA FIRST NATION

# WINTER CARNIVAL

*February 23-25, 2024*

**Please watch for a more  
detailed schedule of events!**

PANCAKE BREAKFAST | CARNIVAL ACTIVITIES  
CARDBOARD BOX SLED RACES | SLIDING PARTY

For more information please contact  
Jade Fox - Community Support Service Worker  
705 356 1621 ext 2357 | [cssworker@mississaugi.com](mailto:cssworker@mississaugi.com)

SOCIAL SERVICES DEPARTMENT  
MONTHLY PROGRAMMING

# February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CSS – DIY Valentine's	YAW – Imprfance of Self Care (AM/PM)	EYW – Toddler Time	FS – Food Security Day YAW – Money Management Wksp	YAW – Money Management Wksp		
12 OFFICE CLOSED	6 YAW – Imprfance of Self Care (AM/PM)	7 EYW – Toddler Time	8 FS – Food Security Day YAW – Who Am I? Self Exploration Wksp EYW – Toddler Time	9	10	11
19 OFFICE CLOSED	13 CSS – Freshen Up Tuesday EYW – Toddler Time	14 CSS – MMIWG2S+ SSM	15 FS – Food Security Day FRC – Moccasin Making	16 EYW – Valentine's Family Dance	17	18 CSS – Women's Hockey Skills Development
26 CSS – Men's Monday	20 CSS – Freshen Up Tuesday EYW – Toddler Time	21 CSS – Monthly Grocery Shopping Trip FRC – Supplement Card Day	22 FS – Food Security Day FRC – Mommy & Me EYW – Toddler Time	23 WINTER Schedule of events to follow – stay tuned for the flyer.	24 CARNIVAL	25 WEEKEND
	27 CSS – Nutrition Bingo	28 CSS/FPW – Parenting Support Group (lunch)	29 FS – Food Security Day FRC – Baby Food Making	EYW – Photo Contest finishes February 29th		^ CSS – Women's Hockey Skills Development (Feb 25)

**NOTE:**

PLEASE SEE THE COMMUNITY FLYER OR SOCIAL MEDIA FOR MORE DETAILED INFORMATION ON UPCOMING PROGRAMS.

**MIIGWETCH**

**STAFF DIRECTORY/CONTACT:**

FRC – Family Resource Coordinator  
christine@mississauga.com  
EYW – Early Years Worker  
eyworker@mississauga.com  
CSS – Community Support Service  
cssworker@mississauga.com  
JP – Jordan's Principle  
jpcoordinator@mississauga.com

ASP – After School Program  
aspcordinator@mississauga.com  
FS – Food Security Worker  
daniellecada@mississauga.com  
YC – Youth Coordinator  
**vacant**  
YAW – Youth Advocate Worker  
youthadvocateworker@mississauga.com  
CSH – Cultural Support Helper  
cedar.chiblow@mississauga.com

C-AW – Child Advocate Worker  
childadvocateworker@mississauga.com  
FPW – Family Preservation Worker  
familypreservationworker@mississauga.com  
BR – Band Representative  
lauriejacques@mississauga.com  
IHFS – In Home Family Support Worker  
ihfsworker@mississauga.com  
Intake and Reception  
socialservicesreception@mississauga.com



# **MAMMA MIA!**

## **THE MUSICAL**

**FRIDAY FEB 23rd**

**5:30PM**

**DINNER & SHOW**

**INCLUDES**

Pasta Dinner with Meatballs  
Salad, Bread, Desert, & Coffee/Tea.

**Please Confirm before  
FEB 16th at Noon by  
calling Red Pine Lodge  
705 356 5578**

# IMPORTANT

## >>> ANNOUNCEMENT <<<

Elder's Disability  
Transit, is for those  
who are;

55 years old  
**OR** Physically  
Disabled

Thank you for your  
understanding.




---

For more information or questions  
call Red Pine Lodge:

**705 356 5578**

# HOME & COMMUNITY CARE

## FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Elder's Transportation Tuesday – Thursday 10-2pm						
<b>MUST be 55 years old OR Physically Disabled</b> to access Elder's Bus. If you have any questions, contact RPL 705 356 5578						
<b>MINIMUM of 5 people for out-of-town events/shopping</b>						
4	5 Nordic Pole Walking, Exercises & Clean Eating Sports Complex 12pm	6 Walking Group Sports Complex 11am MASS 6pm RPL	7  Adventures in Cooking 11am RPL	8	9 Cutler Valentine's Supper & Dance 6pm 5pm Pick Up	10
11	12 Heritage Day OFFICE CLOSED	13 Walking Group Sports Complex 11am	14  Red Pine Lodge Bingo 1:30pm	15	16  FOOT CARE RPL MAMMA MIA Deadline for Tickets 12 Noon!!	17
18	19 Family Day OFFICE CLOSED	20 Walking Group Sports Complex 11am	21 Espanola Shop or Swim 9am Pick Up	22	23 MAMMA MIA Dinner & Show 530pm Dinner Pick up 3:30pm	24
25 FAMILY VALENTINES DAY BINGO 12-2pm Lunch Provided	26 Nordic Pole Walking, Exercises & Clean Eating Sports Complex 12pm	27 Walking Group Sports Complex 11am	28 Red Pine Lodge Bingo 1:30pm	29 Garden River Bingo 10am Pick Up	24 <b>DEADLINE FOR MAMMA MIA TICKETS is FRIDAY Feb 16<sup>th</sup> AT 12 NOON. <b>NO</b> Tickets will be purchased after 12 NOON.</b>	

COME AND JOIN US FOR



# Therapeutic Cooking



Childcare and Transportation will be available please call to confirm if needed!

**Wednesday February 21st, 2024**

**Location: Band Office Activity Room**

Starts from:

5:00PM-8:00PM

**you will learn :**

## The link between cooking and mental health

Cooking can help reduce anxiety and relieve mental distress. Turning to the kitchen may allow for behavioral activation and serve as a meaningful self-care activity that improves quality of life. When you include cooking as a regular activity, you can improve your body's health with good food and your mind's health by feeling proud and in charge. Knowing how vital cooking is for a healthy mind, let's explore the benefits of cooking therapy.

We will be making:

- Sheet Pan Chicken Fajitas with all the fixings
- Strawberry Spinach Salad - Making Homemade strawberry balsamic vinaigrette dressing to go with salad

## How cooking therapy might help you

Acts as a form of self-care, Supports connections with others, Provides an avenue for better health, stimulates physical activity and Promotes goal-oriented behavior. Cooking is therapeutic for many people; the culinary arts may serve as self-expression and personal growth while offering much-needed structure and purpose to everyday life.

**Please call to confirm your Spot with Jennah Ferrigan!**

**Email: [mhfcounsellor@mississauga.com](mailto:mhfcounsellor@mississauga.com)**

**705-356-1621 EXT: 2310**





# MAAMWESYING

NORTH SHORE COMMUNITY HEALTH SERVICES INC.

**Maamwesying kina gweyahn N'minobimaadizing – Working as one for the wellbeing of all**

Atikameksheng Anishnawbek | Sagamok Anishnawbek | Serpent River First Nation | Mississauga First Nation  
Thessalon First Nation | Garden River First Nation | Batchewana First Nation | Indian Friendship Centre of Sault Ste. Marie

## Mental Wellness Counselling Team

**Are you feeling overwhelmed? Need someone to Talk to?**



**Monday to Friday 8:30am -4:00pm**

**Central Intake**

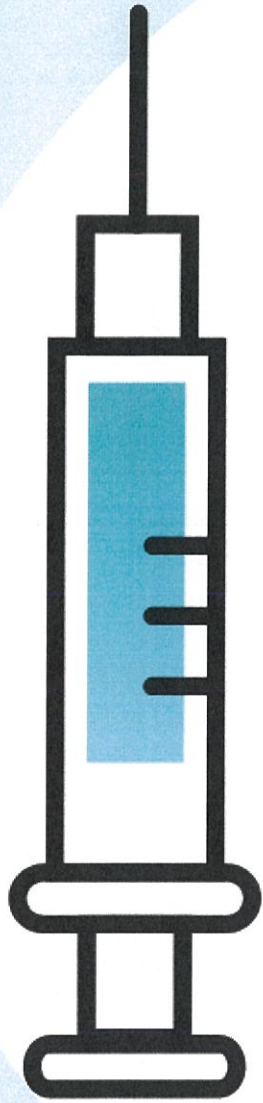
**Call Toll free: 1-844-864-0523**



N'Mninoeyaa Aboriginal Health Access Centre  
473B Highway 17 West  
Cutler, Ontario P0P 1B0  
t. 705.844.2021 f. 705.844.2844  
[www.nmninoeyaa.ca](http://www.nmninoeyaa.ca)



Baawaating Family Health Team  
210C Gran Street  
Batchewana First Nation, Ontario P6C 0C4  
t. 705.575.7191  
f. 705.575.7193



# COVID Vaccine Clinic

**FEBRUARY 23/2024  
9 - 12 PM  
HEALTH CLINIC**

**Call 705-356-1621 x 2231  
to book an appointment**

MISSISSAUGA FIRST NATION  
Health Services Presents..

# Men's Wellness Day.

SUPPORTING MEN'S HEALTH

## **MEN and YOUNG MEN TRIP**

**SOO GREYHOUNDS VS. KITCHENER RANGERS**

SUNDAY FEBRAURY 25th, 2024

BUS LEAVES AT 11:00 a.m

FROM THE BAND OFFICE



*TRANSPORTATION, LUNCH AND TICKETS PROVIDED*

To register - please call Chelsea Grimard, 705-356-1621 ext 2203

or

Krysta Sawyer 705-356-1621 ext. 2231

# 2024 MFN – Health Service Activities/Events – (February 5<sup>th</sup> – February 16<sup>th</sup>)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>DAAW</b> (5:45-7:45) AI-Anon Cult. Build.</p> <p><b>CWC</b> (9:30-10:30) Smudge C&amp;C</p>	<p><b>DAAW</b> (6:45-8:15) NA Meeting Cult. Build.</p> <p><b>CHR</b> (11-1) Senior Walking Group SC</p> <p><b>CHA</b> (10-11) Yoga SC (6-7) Small Group Fitness SC</p>	<p><b>CHA</b> (12-1) Resistance Training SC (6-7) Cycling SC (7-9) Volleyball Gym (7-7:30) Roller Release Gym</p> <p><b>CHN</b> (9:30-5:30) Diabetic Clinic</p> <p><b>CWC</b> (6-8) Culture Nite Band Office Teepee</p>	<p><b>DAAW</b> (8:30-3:00) Lighting Sacred Fire - Cultural Bldg. (10-2) Wellness Thur. Cult. Bldg. (5:30-7) Boys Drumming Cult. Bldg</p> <p><b>CHA</b> (10-11) Yoga SC (7-8) Circuit Fitness Gym</p> <p><b>CHN</b> (1-4) RSV Vaccine RPL</p>	<p><b>CWC</b> (9:30-12) Staff Sacred Fire – Band Office Teepee</p>	<p style="text-align: center;">10</p>	<p style="text-align: center;">11</p> <p><b>CHA</b> (12-3) Soulful Sunday SC</p>
<p><b>DAAW</b> (5:45-7:45) AI-Anon Cult. Build.</p> <p><b>CHA</b> (12-2) Nordic Pole SC (6-8) Knitting SC – Upstairs (6-8) Bucket Basketball SC</p> <p><b>CWC</b> (9:30-10:30) Smudge C&amp;C</p>	<p><b>DAAW</b> (6:45-8:15) NA Meeting Cult. Build.</p> <p><b>CHA</b> (10-11) Yoga SC (6-7) Small Group Fitness SC</p>	<p><b>CHA</b> (12-1) Resistance Training SC (6-7) Cycling SC (7-9) Volleyball Gym (7-7:30) Roller Release Gym</p>	<p><b>DAAW</b> (8:30-3:00) Lighting Sacred Fire - Cultural Bldg. (10-2) Wellness Thur. Cult. Bldg.</p> <p><b>CHA</b> (10-11) Yoga SC (7-8) Circuit Fitness Gym</p>	<p><b>CWC</b> (9:30-12) Staff Sacred Fire – Band Office Teepee</p>	<p style="text-align: center;">16</p>	<p style="text-align: center;">17</p>
<p style="text-align: center;">12</p>	<p style="text-align: center;">13</p>	<p style="text-align: center;">14</p>	<p style="text-align: center;">15</p>	<p style="text-align: center;">16</p>	<p style="text-align: center;">17</p>	<p style="text-align: center;">18</p>
<p><b>COVID REMINDER</b> WEAR FACE MASK AT YOUR DISCRETION WHEN YOU ARE SICK.</p>						
<p><b>Appointments with Physicians, NPs, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 ext. 2224</b></p>						
<p><b>CHN</b> – Com. Health Nurse -Krysta Sawyer – Ext.2231  <b>CHR</b> – Com. Health Rep. - Chelsea Grimard – Ext.2203  <b>DAAW</b> - Drug &amp; Alcohol Addictions- Sky Cada - Ext.2228  <b>CWC</b> – Com. Wellness Coord. – Roger Daybutch – Ext.2226  <b>CHA</b> – Com. Health Activator - Janey Morningstar – Ext.2216  <b>TRPC</b> – Treatment Resource Project Coord. Conrad Bobiwash – Ext 2262  <b>HE</b> – Health Educator –Ext 2231</p>						
<p><b>HSSD</b> – Health Services Director – Yvonne Lafreniere Ext. 2227  <b>HSM</b> – Health Services Manager – Rhonda Peltier – Ext 2230  <b>MHC</b> - Mental Health Counsellor – Stephanie Collins - Ext. 2234  <b>MFHC</b> – Mental Family Health Counsellor – Jennah Ferrigan – Ext. 2234  <b>Medical Transportation</b>  Mary-Ellen Morningstar – Med. Trans. Coord. – Ext. 2201</p>						

## MFN Food Security Program

Date: \_\_\_\_\_ Pick up only # of children \_\_\_\_\_ # of adults \_\_\_\_\_

Names of all household Members: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Please submit your forms before 4:30 Wednesday**

**Pick up is Thursday from 10:00am - 3:00pm**

**\*Please note that if items are not in your box, it is because we are out of stock, on back order or not able to purchase from distributor. Also, make sure to fill out your correct information, so that we may properly serve you and your family.**

<b>Cereals (1 only):</b> Cold Cereal    Cooking Oats    Cream of Wheat Pancake Mix    Porridge	<b>Meats (2 only):</b> Hamburger    Chicken
<b>Breads (1 only):</b> White Bread    Brown Bread    Flour	<b>Canned Meats (1 only):</b> Tuna    Salmon
<b>Pasta &amp; Rice (1 only):</b> Penne    Rice    Rotini    Macaroni Tri-Color Rotini    Lasagna	<b>Dairy Products (2 only):</b> Powdered Milk    Margarine    Cheese Slices Canned Milk
<b>Soups (3 only):</b> Chicken Noodle    Tomato    Vegetable Mushroom	<b>School Aged Children &amp; Elders Only (3 Choices):</b> Pudding    Cookies    Wagon Wheels Nutri Grain Bars    Veggie Straws Mr. Noodles Chicken    Mr. Noodles Beef
<b>Hygiene Products:</b> Toilet Paper    Hand Sanitizer	<b>Cleaning Products (Once A Month):</b> Pot & Pan Cleaner    Dish Soap
<b>Other Products (3 only):</b> White Sugar    Brown Sugar Peanut Butter    Ketchup Crackers    Tea Mustard    Decaf Coffee Pepper    Instant Coffee Salt    Hot Chocolate	<b>Other Products (3 only):</b> Kidney Beans    Tomato Paste Diced Tomatoes    Spaghetti Sauce Canned Navy Beans    Canned Chick Peas Canned Tomatoes (Garden) Red Lentils    Frozen Vegetables Frozen Berries
<b>Other (Once A Month):</b> Icing Sugar    Jam    Vinegar	

**Please bring in, or call (705)261-0673 for pick-up of any containers with lids, or boxes you may have.**

Thank you 😊 Revised for January 2024