

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

May/June 2026

Boozhoo Families! We hope everyone is enjoying the warmer weather and all the signs of spring that May and June bring. As we move into the final stretch of the school year and head toward summer, we are excited to continue offering activities, events, and supports for our families and community members. Over the past few months, we have enjoyed spending time together through community programming and look forward to even more opportunities to connect in the weeks ahead.

Be sure to check out the following pages for information on upcoming community events, family activities, and seasonal safety reminders. Miigwetch, as always, for your continued support and participation. We look forward to seeing everyone out at our upcoming events!

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Three symbols make up the Indigenous Healing and Wellness Strategy logo. The turtle represents Turtle Island. This is Mother Earth. The people are holding hands. This means they will help each other with their problems.

They are standing in a circle. This is the circle of life. The people are our friends, families and strangers — people who need our help or who are helping us.



Connect to Essential Services with 211

Help Starts Here

211 is Canada's primary source of information for government and community-based, non-clinical health and social services. In most of Canada, the free and confidential service can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text, and web. 211 connects people to the right information and services, making their pathway to care and resources a guided and trusted one.

The 211 service is provided across Canada by United Way Centraide Canada and a national network of 211 Service Providers.

211 is available by phone, chat, text and website. You do not have to give your name or personal details to ask for information. Dial 2-1-1 to connect to community services near you.



Spring Safety Awareness

As spring arrives and more people begin spending time outdoors, it is important to stay aware of seasonal health and safety concerns. Whether you are on the land, around camp, or enjoying outdoor activities, taking a few simple precautions can help keep you and your family safe this season.

Blastomycosis Awareness

Blastomycosis is a fungal infection found in moist soil and decaying wood, especially near waterways and forested areas. People and pets can become sick after breathing in disturbed spores from activities such as digging, cutting wood, or working outdoors. Symptoms may include coughing, fever, fatigue, chest pain, and shortness of breath.

More information:

Public Health Ontario: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/blastomycosis>

Government of Canada: <https://www.canada.ca/en/public-health/services/diseases/blastomycosis.html>

Fire Safety

Spring conditions can quickly lead to grass, brush, and forest fires due to dry vegetation and windy weather. Never leave fires unattended, always keep water or tools nearby, and fully extinguish fires before leaving the area. Be sure to check local fire restrictions and burning regulations before starting any outdoor fire.

More information:

Ontario Outdoor Fire Rules and Permits: <https://www.ontario.ca/page/outdoor-fire-rules-and-permits>

Ontario Forest Fire Safety Information: <https://www.ontario.ca/page/forest-fires-safety-information>

Ticks and Lyme Disease

Ticks become active during the spring and can often be found in grassy, wooded, and bushy areas. Some ticks can carry Lyme disease. To help prevent bites, wear long sleeves and pants, use insect repellent, and check yourself, children, and pets after spending time outdoors.

More information:

Public Health Ontario Lyme Disease Information: <https://www.publichealthontario.ca/diseases-and-conditions/infectious-diseases/vector-borne-zoonotic-diseases/lyme-disease>

Government of Canada Lyme Disease Information: <https://www.canada.ca/en/public-health/services/diseases/lyme-disease.html>

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Mike Ignace

IHWS Coordinator

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mignace@lacadesmillelacs.ca

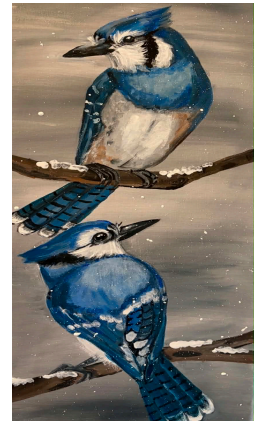
Kayla Milani

Family Well-being Worker

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kmilani@lacadesmillelacs.ca

Community Paint Nights



Above paintings were painted by Barb Osadec

We are excited to invite you to our upcoming Community Paint Nights, an evening designed to bring people together through creativity, relaxation, and fun. This is a casual, come-as-you-are event where participants of all ages can enjoy painting whatever inspires them and no experience needed.

We are pleased to welcome Barb Osadec, a local artist, who will be joining us for the evening to share her creativity and encourage participants as they explore their own artistic ideas. Whether you are just starting out or simply looking to enjoy a relaxed night of painting, this is a great opportunity to learn, create, and connect with others.

We'll have all the supplies ready for you, including canvases, paints, brushes, and light snacks throughout the evening. All you need to bring is your imagination. Join us for a fun and relaxing night of creativity, good company, and artistic expression in a welcoming atmosphere.

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Wednesday May 27, 2026

Wednesday June 10, 2026

Thursday July 16, 2026

Tuesday August 4, 2026

6:00-9:00 PM

6:00-9:00 PM

12:00-3:00 PM

6:00-9:00PM

I.R. Churchill Elementary

I.R. Churchill Elementary

I.R. Churchill Elementary

I.R. Churchill Elementary

To register you and your family, please contact **Mike Ignace** at your earliest convenience.

Community Drum Nights

Community Drum Nights play an important role in preserving and celebrating our culture by keeping traditional songs, teachings, and rhythms alive for future generations. These gatherings create opportunities for people of all ages to come together, learn, share knowledge, and strengthen connections to culture, community, and identity. Through drumming, we honor our ancestors while ensuring these traditions continue to thrive and remain meaningful in today's world.

Come and experience the beautiful sound of Mother Earth's heartbeat with us at our monthly Community Drum Nights held at I.R. Churchill Elementary School. Light snacks and beverages will be provided. Please see below for upcoming event details.

Tuesday June 30, 2026	6:00-8:30 PM
Tuesday July 21, 2026	6:00-8:30 PM
Monday August 17, 2026	6:00-8:30 PM

Community Bowling Events

Community Bowling Events are a fun way to get active, enjoy some friendly competition, and spend some quality time with family and friends. Bowling is a great form of physical activity that helps improve coordination, balance, and movement while keeping everyone engaged and entertained. Whether you're aiming for a strike or just there to have fun, all skill levels are welcome. Pizza and beverages will be served while you enjoy 2 hours of all-you-can-bowl. Please see below for event details.

Saturday May 30, 2026	7:00-9:00 PM	Mario's Bowl
Thursday June 11, 2026	7:00-9:00 PM	Mario's Bowl
Thursday July 23, 2026	7:00-9:00 PM	Mario's Bowl
Thursday August 13, 2026	7:00-9:00 PM	Mario's Bowl

In the fall, once school resumes, we will resume Saturday Night Cosmic Bowling.

Please contact Mike Ignace to register you and your family.

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Community Meat Bingo



Join us for some fun and exciting evenings of Community Meat Bingo, where you'll have the chance to win a variety of quality meat packages while enjoying laughs, friendly competition, and a great night out. Bring your lucky bingo dabbers and enjoy an entertaining evening with friends and family. Light snacks and beverages will be provided throughout the event.

Who: Band and Community Members Aged 18+
Where: Seventh Fire Junior High (1250 Balmoral St.)
Why: Promoting Food Security and Community Connection
When: Tuesday May 26, 2026 6:30-9:00 PM
Tuesday August 25, 2026 6:30-9:00 PM
Tuesday November 24, 2026 6:30-9:00 PM

This event is reserved for band and community members 18+ to create a relaxing, enjoyable atmosphere where adults can unwind, connect, and share some laughs. By keeping it adults-only, we're aiming for a laid-back evening focused on good company and a whole lot of fun and giving mom and a dad a break from the kids.

Please register for this event by contacting Mike Ignace.

Status Card Clinic

Are you in need of a Status Card? We are pleased to announce that we will be offering Status Card Clinics at our Community Meat Bingos for those who require status cards. Please call **Honey Chicago** at the Administration Office to register or for more information.

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Outdoor Hiking Excursions

We're excited to invite you on two upcoming hiking excursions designed to connect us with the beauty of the land and each other. These guided hikes will offer a chance to explore local trails, enjoy the fresh air, and learn about the natural history of the areas. Whether you're an experienced hiker or just looking to spend time outdoors with community, all are welcome. *****Please note that these hikes are long in distance, and involve some rough terrain so please use your judgment when registering.**

On each of these excursions we will meet at I.R. Churchill Elementary (2040 Walsh St. E) at 8:00 AM to load up onto the bus and depart for our destination. We will return by 5:00 PM. Please bring a packed lunch, and anything else you might require. We will have plenty of water and first aid supplies on hand.

Tee Harbor Trail - Monday June 29, 2026

Middlebrun Bay Trail - July 20, 2026

Spots are limited, so be sure to register early to save your place! Please contact Mike Ignace to register for these exciting excursions.

Middlebrun Bay Trail

The Middlebrun Bay Trail at Sleeping Giant Provincial Park leads hikers through the forest to a secluded sandy beach overlooking Lake Superior. The trailhead is just 2.3 km (1.4 mi) from the start, making it a manageable round-trip of 4.6 km (2.8 mi). The trail is characterized by rocks and roots, so hiking boots are recommended. Along the way, you'll enjoy glimpses of the forest, and the final reward awaits at Middlebrun Bay—a serene sandy beach where you can unwind and take in the stunning lake views.

Tea Harbour Trail

The Tee Harbour Trail at Sleeping Giant Provincial Park is a beautiful hike that winds through lush boreal forest and along the rugged shores of Lake Superior. This well-maintained trail follows an old logging road and offers an easy to moderate hiking experience suitable for most skill levels. As you make your way through the peaceful landscape, you'll eventually reach a quiet peninsula where Tee Harbour opens up to stunning views of the lake, rocky outcrops, and distant islands. It's a perfect spot to pause and soak in the natural beauty of one of Ontario's most iconic parks. *****Please note this trail is 12.4 km round trip and we will be moving at a fairly quick pace. Please use your own discretion when registering.**

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Family Fishing Days

We are excited to announce that the Family Well-being Program is coordinating 2 days of fishing for families on beautiful Lac des Mille Lacs throughout this summer. Families are invited to come out and enjoy an afternoon of fishing. In order to ensure that everyone can be accommodated, please register as early as possible. Transportation can be provided but seating is limited.

We will meet at the Savanne River Resort for 10:00 AM, prepare our gear and head out onto the lake for several hours of fishing. We will meet back at the resort following fishing (4:00 PM) to clean our catch from the day before heading back into town.

Family Fishing Dates

Wednesday July 8, 2026

Wednesday August 5, 2026

It is very important that all interested families register early, as spots are limited. Please contact Mike Ignace to register! When registering your family, please indicate your preferred date and provide the following information:

Names of participants

Will you require travel?

Do you have your own fishing rods?

Do you have your own life jackets?

Do you have a Pleasure Craft Licence?

Are you comfortable operating a boat?

What to Bring?

Fishing gear if you have it

Weather appropriate clothing (hat, rain gear)

Packed lunch

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Off Season Ice Time

Get ready for some off-season ice time designed to help skaters stay sharp and keep those skating muscles in top condition for the upcoming hockey season. This is a great opportunity to stay active on the ice, build endurance, and maintain skills during the summer months in a relaxed and supportive environment.

Sessions will take place at the Port Arthur Arena on the following dates and times:

July 6, 2:00–4:00 PM

July 15, 1:00–3:00 PM

The facility will be open to us 30 minutes early to allow participants time to arrive, get dressed, and fully prepare before stepping on the ice. Please plan to arrive early enough to take advantage of this extra time so everyone can start the session on schedule.

For safety and structure, please note that hockey sticks and pucks will only be permitted on half of the ice surface, allowing space for skill development and general skating practice simultaneously. Helmets are required for all participants at all times while on the ice—no exceptions.

These sessions are intended to be both fun and productive, helping players of all levels stay active and confident on their skates heading into the new season. Whether you're working on edges, conditioning, or puck skills, this is a great way to keep your game ready over the summer months.

Hockey Draft Preparation Ice Time

We understand that the hockey draft takes place in early September, and for many players the off-season can mean limited time on the ice. Often, the skating legs just aren't quite there yet, and there hasn't been enough opportunity to really shake off the rust before the season begins.

This ice time is meant to help players get back into the flow of the game, rebuild timing, and sharpen skating and puck skills before the draft. The session will focus on fundamentals, pace, and confidence on the ice so players can feel more comfortable and prepared heading into the season.

August 27, 2026

2:30–4:30 PM

Current River Arena

Full hockey equipment is required for all participants. Certified coaches will be on the ice to run a variety of skill-based drills and assist players as they work through key areas of development and shake off the off-season rust. Please arrive 30 minutes early to take full advantage of the ice time and ensure you are ready to go when the session begins.

Contact Mike Ignace to register.

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Ojibwe Word List

As mentioned in our previous newsletters, we will be including a list of words and phrases in the Ojibwe language. It is important to note that dialects differ from community to community and even from family to family.

Ash	- Aagimaak
Moss	- Aasaakamig
Leaf	- Aniibiish
Poplar	- Azaadii
Swamp	- Mashkiig
Grass	- Maskosi
Island	- Minis
Cave	- Waazh
Apple	- Mishimiin
Orange	- Ozaawijimin
Banana	- Eshkanimin
Watermelon	- Eshkandaamin
Pen/Pencil	- Ozhibii'iganaak
Paper	- Mazina'iigin
Scissors	- Moozhwaagan
Broom	- Weba'igan
Bed	- Nibewin
Chair	- Apabiwin
Bicycle	- Ditibiwebishkigan
Comb	- Bikaakwaan

Here are a few links to assist you in learning the language.

<http://ojibwe.lib.umn.edu/about-ojibwe-language>
<http://www.native-languages.org/ojibwe.thm>
<http://nativetech.org/shinob/ojibwelanguage>

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THE COMMUNITY OF NEZAADIKAANG LAC DES MILLE LACS FIRST NATION ANNUAL POW-WOW JUNE 20, 21, 2026



WOMENS ALL AROUND SPECIAL

MENS ALL AROUND SPECIAL

1ST - \$750.00 2ND - \$500.00 3RD - \$350.00 1ST - \$750.00 2ND - \$500.00 3RD - \$350.00
4TH - \$200.00 5TH - \$100.00 4TH - \$200.00 5TH - \$100.00

FEAST SERVED SATURDAY

AGENDA

DIRECTIONS

BREAKFAST SERVED
SATURDAY & SUNDAY
MORNING

SATURDAY 20TH
GRAND ENTRY
1:00 PM & 7:00 PM

SAVANNE RIVER RESORT IS
LOCATED ON HWY 17,
1 HOUR WEST OF THUNDER BAY
OR 3 HOURS EAST OF DRYDEN.

CAMPING AND RV SPOTS
AVAILABLE ON A FIRST
COME FIRST SERVE BASIS

SUNDAY 21ST
GRAND ENTRY
1:00 PM

ALL TIMES ARE IN
EASTERN STANDARD TIME

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ALCOHOL AND DRUG FREE EVENT

CRAFT AND FOOD VENDORS WELCOMED
PLEASE CALL AHEAD TO RESERVE A SPOT

FOR MORE INFORMATION PLEASE CONTACT
MICHAEL IGNACE AT 807-622-9835 EXT 231

General Powwow Etiquette Guidelines

A Powwow is a vibrant cultural gathering deeply rooted in tradition and serves as a celebration of heritage, spirituality, and unity. When attending a Powwow, there are a few things to keep in mind. The following guidelines help ensure everyone can participate respectfully and enjoy the experience.

Dress Appropriately: Respectful attire is encouraged. Clothing should be modest, with shoulders and legs appropriately covered. Many teachings reflect the importance of dressing respectfully at cultural and spiritual gatherings.

Stand for the Flags, Honor Songs and Prayers: During the Grand Entry, honor songs, or prayers, please stand to show respect if you are able to do so. The Master of Ceremonies will announce "Please Rise".

Respect the Arena: The dance arena is considered a sacred space. Please do not walk across it and use designated entrances and exits. Children can be assisted (hand holding) but should not be carried anywhere in the dance arena. This is a very important teaching.

Listen to the Master of Ceremonies: The Master of Ceremonies plays an important role throughout the Powwow, guiding the event, sharing teachings, and making announcements. Please listen carefully and follow their instructions regarding dances, ceremonies, and appropriate audience participation. You will learn a lot if you listen carefully.

Respect the Drum: The drum is often referred to as the heartbeat of mother earth and carries deep cultural and spiritual significance. Please do not touch drums unless invited to do so, and remain respectful while songs are being shared.

Photography Etiquette: Always ask permission before taking photos of dancers or their regalia. Respect their wishes if they decline. Photography may not be permitted during certain ceremonies or songs so please listen for announcements from the Master of Ceremonies.

No Alcohol or Drugs: Powwows are family-oriented cultural and spiritual gatherings. Absolutely no alcohol or drug use or possession is allowed on site. There will be a zero-tolerance policy in place.

Silence Phones and Reduce Disruptions: Please silence phones and avoid loud conversations during ceremonies, prayers, and songs. This helps maintain respect for the event.

Respect Dancers and Their Regalia: Dancers wear regalia to honor their culture, families, and traditions. Do not touch regalia without permission.

Respect Elders: Elders hold an important place within the Powwow. Offer them respect, space, and seating when appropriate.

Leave Pets at Home: Most Powwows do not allow pets (service animals included) in order to maintain a safe and respectful environment for all attendees. There are teachings reflecting the importance of this.

By following these guidelines, you help ensure a respectful, welcoming, and enjoyable Powwow experience while honoring the traditions and cultures being shared.

Where to Get Food in Thunder Bay



SOUTH SIDE

2026

Food Banks

**Register once by calling 211 for these food banks*

Family Giving Centre

@ St. Thomas Anglican Church

1400 South Edward Street, 807-623-3608 ext. 2
Every second Friday 10:00am – 11:30am

Thunder Bay Food Bank

129 Miles Street E., 807-626-9231
Every second Friday, 9:00am – 11:30am

Redwood Park Church Food Bank

2609 Redwood Avenue East, 807-577-3463
Every 2nd Thurs - 11:30am - 1:30pm
Email: foodbank@redwoodpark.ca

St. Agnes – St. Vincent de Paul Society

1019 Brown Street, 807-629-7404
Every second Friday 9:00am – 10:30am

The Gathering Place

239 Amelia Street West, 807-623-8184
Every second Tuesday 11:00am – 2:00pm

These food banks do not take registration through 211

The Losier Centre

@ Thunder Bay Free Methodist Church

920 Sprague Street, 807-622-7686
Third Wednesday of each month 10:00am – 11:00am
(Please use the Christina Street entrance and go downstairs)

Our Kids Count

*can also register at OKC
704 McKenzie and 16-288 Windsor,
3rd Thurs of the month, 4:00pm – 6:00pm
ID required. Every Thursday 1:00pm – 3:00pm
(can access once per month)

Rural Cupboard Food Bank

Conmee Community Complex, 19 Holland Road
807-285-0836
For rural residents outside of Thunder Bay.
Must show I.D. of each family member and verification of
country address.
Third Wednesday of the month (second Wed in Dec. only)
Food Bank 9:00am – 11:00am

PACE

510 Victoria Avenue East, 807-343-4760
Food Hampers every Wednesday, 11:30am – 2:00pm

The organizations below provide food to their clients only, calling in advance is recommended:

Confederation College Food Bank

SUCCI Office, Shuniah Rm 160, 807-475-6226

Free Daily Meals

Grace Place

235 Simpson Street, 807-473-3538
Hot dine-in meals Monday to Wednesday
1:00pm – 4:00pm

Salvation Army Soup Van

Dinner meal provided daily
Minnesota Park 6:00pm – 6:30pm

Shelter House

420 George Street, 807-623-8182
Hot meals served daily to the public.
Lunch 1:30pm – 2:30pm
Dinner 7:00pm – 8:00pm

**Access to sandwiches and pastries at window outside of meal times.*

Affordable Fresh Produce

Good Food Box via

Northwestern Ontario Women's Centre

807-345-7819
A monthly program for people who want to buy quality, fresh produce at a lower price than the grocery store, delivered to their neighborhood.
www.Goodfoodboxtb.org for order & pick-up dates.

Community Food Market via

Roots Community Food Centre

807-285-0189
Email: info@rootscfc.org
Website: <https://www.rootscfc.org/>
Fruits & vegetables at below cost prices.
Tuesday 1:00pm - 3:00pm at
Kinsmen Northwood Centre, 609 James Street North

NorWest Community Health Centres

Call Community Health Worker at
807-622-8235 ext 2254 for info.

Where to Get Food in Thunder Bay



NORTH SIDE

2026

Food Banks

***Register once by calling 211 for these food banks**

Bread Box, Bethlehem Church

75 Walkover Street, 807-767-3961
Every second Wednesday 10:00am – 12:00pm

Current River Churches Food Cupboard

168 Munro Street, 807-344-3391
Every second Saturday
8:30am -11:30am (Mar-Oct) & 9:00am – 12:00pm (Nov-Feb)

Salvation Army Food Bank

545 North Cumberland Street, 807-345-7319
Every second Thursday, 10:00am – 2:00pm

These food banks do not take registration through 211

Gathering Table Food Cupboard

228 Pearl Street, 807-345-6898
Second and fourth Sunday of the month, 11:30am – 12:30pm

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807-285-0836
For rural residents outside of Thunder Bay. Must show I.D.
of each family member and verification of country address.
Third Wednesday of the month (second Wed in Dec. only)
Food Bank 9:00am – 11:00am

Thunder Bay Indigenous Friendship Centre

401 Cumberland Street North, 807-345-5840
Third Tuesday of every month.
Registration first week day of the month.

The organization below provide food to their clients only, calling in advance is recommended:

Confederation College Food Bank

SUCCI Office, Shuniah Room 160, 807-475-6226

Food Bank for Lakehead Students only

955 Oliver Road, UC-2014B
807-343-8010 ext. 8850, frc@lusu.ca
Monday/Wednesday: 9:30am – 4:00pm
Tues/Thurs/Fri: 10:00am – 4:00pm
Thursdays closed from 1:00pm – 1:30pm

Healthy Kids—Windsor Site Food Cupboard

Unit 16-288 Windsor Street, 807-623-0292 ext. 228
ID required. Every Thursday 1:00 pm – 3:00 pm

Free Hot Meals

Salvation Army Soup Van

Dinner meal provided daily.
Wilson Park 7:00pm – 7:30pm
Minnesota Park 6:00pm – 6:30pm

St. Andrew's Dew Drop Inn

292 Red River Road, 807-345-0481
Take home lunch 9:00am – 3:30pm
Hot meal 12:30pm – 3:30pm, Open to the public daily.

Urban Abbey

308 Red River Road, 807-768-8923
Open to the public.
Lunch Monday - Friday 12:30pm, Dinner Saturday 5:30pm

Elevate NWO

106 Cumberland Street North, Suite 102, 807-345-1516
For active clients.
Breakfast (9:00am – 12:00pm)
Lunch (12:00pm – 4:00pm), Monday - Friday

Roots Community Food Centre

Ages 60+,
Last Friday of month, traditional food meal in
partnership with TBIFC
Wednesday 5:00pm – 6:30pm, Friday 11:00am – 12:30pm

Affordable Fresh Produce

Good Food Box via Northwestern Ontario Women's Centre

807-345-7819
A monthly program for people who want to buy quality,
fresh produce at a lower price than the grocery store,
delivered to their neighborhood.
www.Goodfoodboxtb.org for order & pick-up dates

Community Food Market via Roots Community Food Centre

450 Fort William Road, 807-285-0189
Email: info@rootscfc.org
Website: <https://www.rootscfc.org/>
Fruits & vegetables at wholesale cost.
Wednesday 4:00pm – 7:00pm, Thursday 2:00pm – 6:00pm,
Fridays 10:00am – 1:00pm

NorWest Community Health Centres

Call Community Health Worker at
807-622-8235 ext. 2254 for info.