

## After the Bell Food packs were delivered to more than 100 communities in 2019

### British Columbia

- Maple Ridge
- Sidney
- Kelowna
- Prince George
- Hope
- Lake Country
- Coquitlam

### Alberta

- Edmonton
- Okotoks
- Chestemere
- Cochrane
- Lethbridge
- Whitecourt
- Wheatland
- Lloydminster

### Saskatchewan

- Regina
- Saskatoon
- Battlefords
- Melville
- Moose Jaw
- Meadow Lake
- Prince Albert

### Manitoba

- Selkirk
- Portage la Prairie
- Peguis
- Sagkeeng
- St. Anne
- Ashern
- Richer
- Steinbach
- Thomson
- Brandon
- Minnedosa
- Neepawa
- Gimli
- Grunthel
- St. Rose du Lac

### Yukon

- Whitehorse

### Northwest Territories

- Inuvik

- Morris
- Richer
- Franklin / Emmerson
- Swan Valley
- Winnipeg

### Ontario

- Essex County
- Simcoe
- Chatham
- Sarnia
- Windsor
- Tillsonburg
- St. Thomas
- Leamington
- Niagara Falls
- St. Catharines
- Brantford
- Barrie

### Quebec

- Joliette
- Mont-Joli
- Quebec
- Gatineau
- La Pocatière
- Blainville
- Rouyn-Noranda
- Val-d'Or

### New Brunswick

- Jemseg
- Grand Falls
- Allardville
- Néguaç
- Upper Blackville
- Lamèque
- Fredericton
- St. Croix
- Oromocto
- Hampton
- St. George

- St. John
- Moncton
- Port Elgin
- Sackville
- Salisbury
- Sussex
- Shediac

### Nova Scotia

- Amherst
- Annapolis Royal
- Antigonish
- Baddeck
- Berwick
- Bridgetown
- Bridgewater
- Canning
- Chester
- Cole Harbour
- Dartmouth
- East Gore
- Glace Bay
- Guysborough
- Halifax
- Hantsport
- Head of Chezzetcook
- Indian Brook
- Kentville
- Kingston
- Lake Echo
- Lakeside
- Liverpool
- Lower Sackville
- Lunenburg
- Mahone Bay
- Middleton
- Musquodoboit Harbour
- New Germany
- New Glasgow
- New Waterford

- North Sydney
- Oxford
- Parrsboro
- Pictou
- Port Hawkesbury
- Port Hood
- Pugwash
- Sackville
- Saulnierville
- Sheet Harbour
- Shelburne
- Shuebenacadie
- Springhill
- Sydney
- Sydney Mines
- Tantallon
- Tatamagouche
- Truro
- West Arichat
- Weymouth
- Windsor
- Wolfville

### Prince Edward Island

- Charlottetown
- Montague
- Summerside

### Newfoundland and Labrador

- St. John's
- Gander
- Bay Roberts
- Corner Brook
- Port Aux Basques
- Twillingate
- Marystown
- Mount Pearl
- CBS