

Letter of Understanding and Acknowledgment

Introduction

In response to the rising cost of living and to ensure appropriate documentation, the Canadore Students' Council (CSC) requires all students requesting access to the CSC Student Emergency Food Bank to read, sign, date, and submit this Letter of Understanding and Acknowledgment in addition to completing the Food Bank Application Form.

This process has been implemented to help ensure the continued availability of the Food Bank for students who require emergency assistance. The CSC Student Emergency Food Bank is intended as a measure of last resort and should be accessed only when a student does not have the financial means to purchase food.

Access Protocols and Completion of Forms

Students requesting access must submit:

- A digitally signed and dated Letter of Understanding and Acknowledgment; and
- A fully completed, digitally signed and dated Food Bank Application Form.

Both documents must be submitted through the EmailMe Form available via the "Submit This Online Form" link on the CSC Food Bank webpage.

Appointment Times

The CSC Student Emergency Food Bank operates by appointment only, Monday through Friday, from 9:00 a.m. to 4:00 p.m., excluding holidays. Hours of operation may be adjusted during the spring and summer semesters.

Limitations and Eligibility

The CSC Student Emergency Food Bank is intended to provide short-term support in emergency situations. It is not designed to supplement OSAP or other funding sources. Students are encouraged to explore additional supports, including bursaries, scholarships, student loans and grants (OSAP), and employment services such as Canadore Employment Solutions (<https://www.canadorecollege.ca/employment-solutions>), which assists students in securing employment both on and off campus.

Access is limited to:

- Currently registered students
 - Students residing in the North Bay or Parry Sound areas
 - Students who present a valid digital student ID in person.
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Students may access the Food Bank once per month, for a maximum of three visits per semester.

International students are advised that Canadore College's International Office (C210) offers webinars, information sessions, and resources related to healthy eating, personal finance, and effective budgeting tailored specifically to international students.

Good to Know Information

What is the CSC Student Emergency Food Bank?

The CSC Student Emergency Food Bank is a service available to currently enrolled full-time Canadore College students experiencing acute and urgent food insecurity due to extenuating circumstances.

What the CSC Student Emergency Food Bank is Not:

- It is not intended as a means to reduce grocery expenses or replace regular grocery shopping.
- It is not a substitute for ongoing engagement with healthy eating practices, nutritional awareness, or personal budgeting.
- It is not the only food assistance resource in the North Bay community. A current listing of additional community resources can be found here:

<https://cdn.agilitycms.com/canadore-college/North Bay Food Programs Schedule.pdf>

Money-Saving Resources Students may also wish to explore:

[Panthers Student Perks](#)

[Flashfood](#)

[Too Good To Go](#)

[Flipp App](#)

[gofer.run App](#)

Student Acknowledgment

I acknowledge that I have read and understood the information presented in this Letter of Understanding and Acknowledgment. I understand that these guidelines are in place to help manage resources responsibly so that all Canadore College students experiencing need may benefit from this service.

Signature

Date