



Fall Food Drive

SEPTEMBER 27 - OCTOBER 7

Items Needed:

- Cans of “no salt added” tomatoes
- Low sodium pasta sauce
- Cans of kidney beans, black beans and chickpeas
- Cans of beans in sauce
- Canned vegetables: corn, mixed vegetables, peas, green beans
- Rice
- Pasta, elbow and spaghetti preferred
- High fibre breakfast cereal
- Rolled oats and plain instant oatmeal
- Powdered milk
- Canned meat: chicken, tuna
- Tea
- Non-Food Items: Diapers, Baby formula, shampoo & conditioner, Feminine hygiene products

Please consider donating what you can,
even if it is not on the list.

DONATIONS ARE GOING TO
CHALMERS COMMUNITY SERVICES

Merci!

