



Sunday June 5

We would love your help to fill the shelves at The Compass food bank (www.thecompass.ca). Here's how to donate:

Option 1:

Simply fill this bag with food and leave it outside your front door for pick-up before 10am on Sunday June 5.

Option 2:

Drop some food in the bin outside my door between today and 10am on Sunday June 5.

My name is:

My address is:



Most Needed Items

Cereal
Oatmeal
Canned Fruit
Peanut Butter
Granola bars
Juice Bottles
Kids Snacks
Baby Food & Formula
Chickpeas
Beefaroni
Canned Salmon
Cooking Oil
Toilet paper
Bar Soap
Shampoo



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