

Help give thanks

Donate food to Neighbour to Neighbour Centre during this season of giving.



SHOPPING LIST

- ✓ Boxed Hot and Cold Cereal
- ✓ Canned and Dried Beans & Legumes
- ✓ Dried Grains and Rice
- ✓ Canned Fruit
- ✓ Canned Tomatoes
- ✓ Canned Turkey, Ham and Fish
- ✓ Canned Vegetables
- ✓ Juice, Coffee, Tea
- ✓ Vegetable Oil

How can you Help?

The next time you're at the grocery store, think of your neighbour...

Fill a bag with healthy food items.

Drop it off at Neighbour to Neighbour Centre at 28 Athens Street.