



We are always in need of:

*Canned vegetables & fruit •
canned meats & fish • beans •
dried foods • canned & dried
soups • macaroni & cheese •
rice & pastas • canned stews •
cereals • peanut butter*

Your Sounds of the Season
donations can help us **END**
hunger!

Contact Lynda with any
questions: **519.944.5922** or
ldavidson@uhc.ca

We also accept donations of:

*Baby food & formula •
diapers shampoo • body
soap • household cleaners •
toothbrushes • toothpaste •
deodorant • laundry soap*

Make a difference in YOUR
community.

Give money. Give food.

Give local.

Donate TODAY!

