

**\$1
EQUALS
3 MEALS**

Help feed our
neighbours in need
this holiday season

MOST NEEDED ITEMS:

- Canned Fruit
- Stew, Chili & Soup
- Beans in Sauce
- Hot & Cold Cereal
- Canned Meat & Fish
- Pasta Sauce
- Dry Beans
- Rice
- Peanut Butter
- Canned Vegetables



THE
FoodBank
OF WATERLOO REGION

thefoodbank.ca

519.743.5576

@FoodBankWatReg

#FeedWR

Tim Hortons

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**Here's
How.**

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