Advent Calendar

The holidays are a stressful time of year for many people, especially those struggling to put food on the table.

This year, we are asking you to help people in need.

Grab your friends, family, co-workers, or classmates and participate in our Advent Calendar! Don't forget to register at: thefoodbank.ca/ffd

This week long Food & Fund Drive can be started any time. Just be sure to drop your donations off by December 25 at The Food Bank of Waterloo Region, 50 Alpine Court, Kitchener, ON.

Remember to share on social media and tag us: @FoodBankWatReg #FeedWR

01 Individually packed snacks (granola bars, apple sauce, pudding cups)
02 Dry Beans
03 Juice Boxes
04 Canned fruit
05 Rice
06 Your favorite non-perishable food item!
07 Make a financial donation. $1 = 3 meals!

$1 EQUALS 3 MEALS

thefoodbank.ca @FoodBankWatReg #FeedWR 519.743.5576