

# Donate today and help feed a hungry neighbour.



## Did you know?

**1 in 14 households** in Waterloo region  
use a food hamper program.

## Most needed items:

- Canned fruits and vegetables
- Canned meats and fish
- Dry beans
- Hot and cold cereal
- Individually packed snacks
- Pasta
- Peanut butter
- Rice
- Tomato/pasta sauce

**Thank you** to our Food & Fund Drive sponsors.

Tim Hortons



AMMAR'S



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