



# 2016 Christmas Food Drive

## Items Most Needed

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### Staples

Healthy cereals  
Dried beans  
Canned beans  
(in tomato sauce)  
Chick peas  
Lentils  
Rice

### Protein

Peanut butter  
Canned tuna

### Drop offs:

196 Wentworth Street North  
9 am to 4 pm

### Other

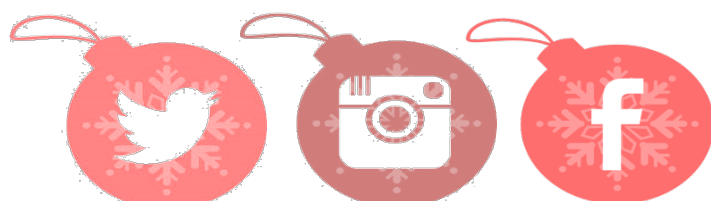
Diapers  
Granola bars  
Baby formula

### Fruits & Vegetables

Canned veggies  
Applesauce  
Fruit cups

### Healthy Extras

Toothpaste  
Tooth brushes  
Soap & shampoo



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