

GROCERY LIST

We love donations of:

Staples

Pancake mix
Healthy cereals
Dried beans/lentils
Chick peas
Rice
Oatmeal packets
Peanut butter
Canned tuna
Beans in tomato sauce

Other

Diapers
Peanut-free granola bars
Baby formula

Fruit & Vegetables

Canned veggies (low salt)
Apple sauce
Fruit cups

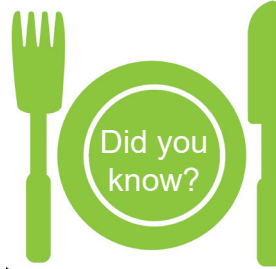
Personal Hygiene

Hygiene products for women & men
Soap & shampoo
Toilet paper
Toothpaste



mission-services.com

In a hurry? Donate online and we'll buy whatever we're short of.



Each month, our Good Food Centre distributes **1,000 food hampers** to people living at or below the low-income cut-off. We also help to improve skills and knowledge related to healthy eating.

Drop offs:

Directions: We're the big brick building across the parking lot from the elementary school.



Tag us in a pic of you buying or dropping off donations so we can say **thank you.**

@missionhamilton

