

Sign up at Resource Centre, Scan the ER code below or email foodbank@whyteridgebaptist.ca
Partial donations towards hampers are welcome too!

Estimated cost: \$50-\$70

Please contact our church office.

Suggested Shopping List

- 1. 3 tins soup
- 2. 3 tins fruit
- 3. Instant coffee or tea or hot chocolate
- 4. 2 packages of pasta
- 5. 2 tins pasta sauce
- 6. 3 tins vegetables
- 7. Box of crackers
- 8. Box of cookies
- 9. Box of cereal
- 10. Package of rice
- 11. Canned tomatoes
- 12. 2 tins canned meat (salmon, tuna, turkey)
- 13. Jam or Peanut Butter (or such spread)
- 14. Treats (chocolates, candies, etc.)

Note: 30 Hampers are needed for each week

*If taking from your pantry, please check the Best Before Date

Please Drop Hampers beside the Mailboxes and Foodbank Bin.



Registration Form





Serving 120 Families this Christmas.

Hampers needed on 4 Sundays
Sign up for: Dec 1, 8, 15 and/or 22
A suggested shopping list is provided.
Estimated cost: \$50-\$70

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Registration Form

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