



thebridgemarkham.com/sharefooddrive

WHY A SUMMER FOOD DRIVE?

The leanest time of the year for Canadian food banks is July - August. The *Markham Food Bank* has difficulty providing the minimum amount of grocery support during those months and can give very little variety. By having our annual food drive now, *the bridge* will help fill this gap!

JAR IT! CAN IT! BOX IT! BAG IT!

Grocery Checklist Instructions: These four grocery lists contain the items the food bank needs the most!

- Each list contains approximately \$20-25 worth of items.
- Please stick to these lists as much as possible. We revise these lists each year to align with the current needs of the food bank.
- Please check that donated items are not expired.
- Please do not bring food items that require refrigeration.
- Bulk or larger sized items are acceptable, however 2-3 regular sized containers can be more easily shared with more people.

Consider filling one list as an individual or shop as a family and complete one list for each family member. Get out as a Lifegroup and do a group shop. Reach out and invite neighbours, teammates, or co-workers to fill a bag. Together, we can accomplish much more for the many individuals and families in need within the Markham community.

DID YOU KNOW?

Our June 2017 Food Drive Statistics

- Total bags collected: 574
- Approx. value of food donated: \$14,350

2018 GOAL

600 Bags

and grow our impact by inviting others in the community to join us!

BAG IT!

- [] 1 PACKAGE OF TEA
- [] 1 RICE (2KG)
- [] 1 MILK POWDER (500G)
- [] 2 DRY SOUP OR DRY RICE/PASTA SIDES
- [] 1 SUGAR
- [] 1 FLOUR

CAN IT!

- [] 1 CANNED BEANS (BAKED)
- [] 1 CANNED CHICKPEAS
- [] 1 CANNED STEW
- [] 1 CANNED FRUIT
- [] 2 HEARTY SOUPS (HABITANT)
- [] 2 CANNED VEGETABLES
- [] 2 CANNED PASTA
- [] 2 CANNED TUNA OR SALMON
- [] 2 CANNED MILK
- [] 1 BABY FORMULA (0-12, 12-24 MONTHS)
- [] 2 CANS SARDINES

BOX IT!

- [] 1 COLD CEREAL
- [] 2 MACARONI & CHEESE
- [] 1 JUICE (BOXES OR BOTTLE)
- [] 1 SNACK (E.G. RICE CRISPIE SQUARES)
- [] 1 GRANOLA/CEREAL BARS
- [] 1 HOT CEREAL
- [] 1 COOKIES
- [] 1 CAKE MIX
- [] 2 JELLO POWDER
- [] 1 BABY CEREAL
- [] 1 BABY BISCUITS (E.G. MUM MUM)

JAR IT!

- [] 1 PEANUT BUTTER (500G)
- [] 2 JAM/JELLY
- [] 1 APPLESAUCE
- [] 2 PUDDINGS (SNACK PACKS)
- [] 1 JUICE
- [] 1 CAKE FROSTING
- [] 2 BABY FOOD (BEGINNER TO TODDLER)

OTHER WAYS TO HELP

If you or your Lifegroup are interested in volunteering at the *Markham Food Bank*, contact them during their visitor hours at 905.472.2437 to inquire about their current need for volunteers.

If you have interest in supporting the *Markham Food Bank* financially, you may do so by mailing a cheque (190 Bullock Drive, Unit 11, Markham, Ontario, L3P 7N2) or giving online via CanadaHelps at www.markhamfoodbank.ca. Money can be used to fill gaps in basic food items, buy fresh and refrigerated products and to pay for the space they rent.



2018 Collection Weekends: May 27th & June 3rd
Please return food donations to *the bridge*.

Complete grocery list and food drive updates available at:

thebridgemarkham.com/sharefooddrive

facebook.com/sharefooddrive

#sharefooddrive