

# 2024 Lenten Calendar of Giving

As part of our 40th Anniversary, we are hosting a “food drive” that lists one item every day of Lent that can be donated to the Food Bank. Items will be both food and non-food items that are needed in our hampers and the Community Pantry.



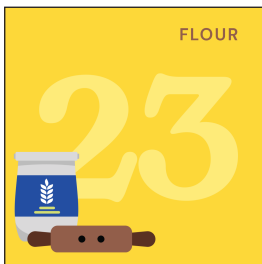
## Day 21: Juice

Juice boxes, as well as 1 litre tetra packs of juice, add a serving of fruit to a day's nutritional intake. Apple and orange juice are great basics for families. We would especially like the juice boxes for kids' school snack packs as our inventory is very low now.



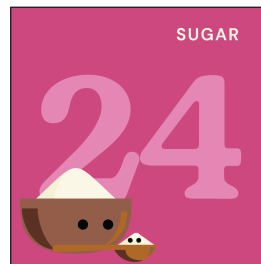
## Day 22: Pancake Mix.

Wouldn't a nice batch of pancakes make a great start to the day? For many families, a basic add-water-only box of pancake mix can make a hearty & filling breakfast or brunch. It is a wonderful 'extra' to have available in our inventory.



## Day 23: Flour.

This item is a staple in every pantry. A necessary ingredient for any baking, it thickens soup, gravy & roux. It's not an item in our hampers; still we accept small bags of different flours: whole wheat, all purpose, bread flour & especially gluten free.



## Day 24: Sugar.

Another pantry staple, sugar is needed for all manner of baking & cooking recipes, or even to sweeten tea & coffee. Another 'non-hamper' item, yet needed by families who come to use our services. Please add a small bag in your donation.



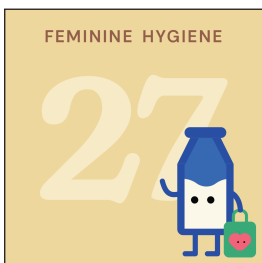
## Day 25: Baking Powder/Baking Soda.

As we wrap up some of these baking-related items, consider adding baking powder or baking soda to your donation list. Baking powder is a must for biscuits, and the soda can double as a natural cleaning ingredient outside the kitchen!



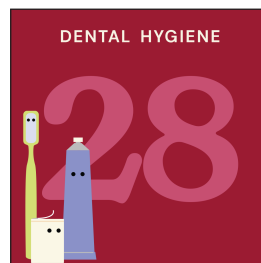
## Day 26: Dry Spices & Herbs.

Even if we supply the basics of meal preparation in our hampers and our pantry items, it can seem pretty bland without some seasoning. Basics like poultry seasoning, thyme, oregano, paprika, even salt & pepper can add a lot of flavour.



## Day 27: Feminine Hygiene Products.

Girls & women have extra needs that can add a strain to family budgets. This is a non-food item that we have need to distribute to families facing financial hardships. We need various kinds & sizes. Let's help give the ladies the products they need.



## Day 28: Dental Hygiene Products.

We are often handing out toothbrushes, toothpaste, & dental floss to clients who have the need. These are items needed by both children & adults. A healthy mouth is the start to a healthy body, and a bright happy smile. Consider helping someone else smile today.



## Day 29: Baby Food.

Our youngest clients have particular needs that our regular hamper items cannot fulfill. We are able to give out baby food items - pablum, meat-and-veg, fruits and vegetables, and cereals to families in need when we receive these donations.



## Day 30: Baby Formula.

It's sad to say but there is need for the very youngest among us. Baby formula is one item that comes in and goes back out very quickly. New parents are feeling an added pinch now, as the price of formula rises, at an average of 20% more than in 2022.

