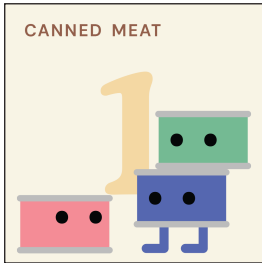


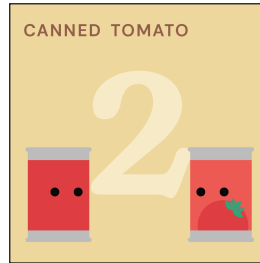
# 2024 Lenten Calendar of Giving

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 1: Canned Meat.

We need canned meat (tuna, ham, salmon, chicken, corned beef, etc.) for our emergency food hampers. Canned meats can be a great source of protein, and can make well-balanced dishes and healthy snacks.



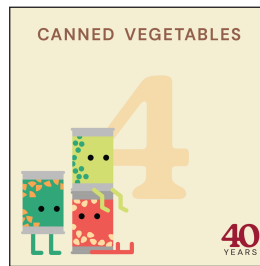
## Day 2: Canned Tomato Products.

These are ANY tomato products:  
🍅 Whole peeled 🍅 Diced  
🍅 Crushed 🍅 Puree, paste, or sauce  
It's another staple in our emergency food hampers, as it can be a base for many dinner time recipes.



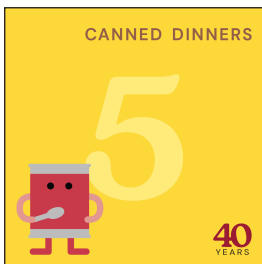
## Day 3: Canned Fruit.

Another staple item in our emergency hampers. They are available through the year regardless of the season & can be stored for a long time without the need for refrigeration. This helps ensure that people get a balanced diet from our hampers.



## Day 4: Canned Vegetables.

Like fruit, canned vegetables provide nutrients for family dinners without need for refrigeration, and have a very long shelf life. They are also very versatile, being served alone as a side dish or incorporated in pasta bakes, casseroles and soups.



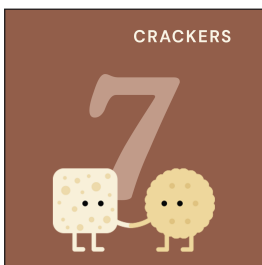
## Day 5: Canned Dinners.

This is one item we often need. Canned dinners include the 'bulky' soups, ravioli & spaghetti meals, stews and protein-packed meals. The amount of minerals, vitamins, protein, fat and carbohydrate remain relatively unchanged by the process of canning.



## Day 6: Canned Soup.

Canned soup can be a meal on its own or be incorporated in any number of recipes. Cream of chicken or celery as the base for cozy casseroles or hearty stews. Condensed tomato soup amps up meatballs & sauces up sandwiches. So adaptable to anyone's needs.



## Day 7: Crackers.

It's nice to 'bulk up' some soup with soda crackers, & the variety crackers make great after-school & evening snacks. This is an item we would offer in our Community Pantry or hamper recipients might request if they have need.



## Day 8: Peanut Butter.

The 500ml size jar of peanut butter is perfect for our hampers. It's a source of protein that kids enjoy (& some of us big kids too!) Aside from the obvious PB&J combo, it could be used to make a homemade satay sauce or salad dressing!



## Day 9: Dry Cereal.

Dry cereal is one of our staple hamper items that we are challenged to keep in stock, and have to order some sort of replacement several times in the year. It's great when we get a variety - kids' cereals, bran & whole grain cereals, & granola styles too.



## Day 10: Oatmeal.

We use quick oats as a 'back up' when we don't have cereal for our hampers. We like to have a variety of oatmeal for our clients to enjoy hearty hot breakfasts or a even to use in dinner recipes. Instant packets, quick & rolled oats are all happily accepted.

