

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 11: Mac & Cheese

It's a classic comfort food – kids love it and it's a go-to dish for moms that won't break the bank. As we say in Canada, "KD & tube steak" is a homemade happy meal. Mac & cheese is a staple in our food hampers for those reasons.



Day 12: Rice.

Rice is important because of its ease to make part of a healthy meal. We will accept brown rice, white rice, long grain, short grain & instant rice. We also have the ability to "break down" bulk bags of rice into portion sizes suitable for our hampers.



Day 13: Pasta.

It's a key part of our hampers. We don't get picky either! Spaghetti, spaghetinni, linguine, rigatoni, penne, farfalle, macaroni, fusilli... and we love surprises like gluten-free, veggie-based, and organic. So many options you can donate!



Day 14: Pasta Sauce.

While this isn't a 'staple' item, this little extra goes beyond the canned tomato products we sought on Day 2. For people with limited experience in cooking, it's nice to have the option to simply open a jar, heat it up, pour it over the pasta, & sit down to dinner.



Day 15: Canned Beans in Sauce.

Canned beans in sauce - with or without pork - is an important protein option in our emergency food hampers. Baked beans in tomato sauce, like the Mac & Cheese from Monday, is a great pairing with tube steaks!



Day 16: Meal Replacement Shakes.

There are situations — particularly with seniors — when this becomes something we like to have available. 16% of our clients are over 50 & as we age, so do our dietary needs. If you can donate meal supplements for those who need it, we thank you.



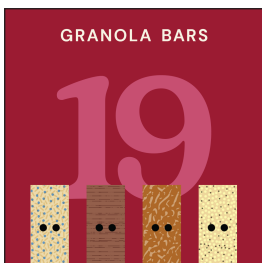
Day 17: Dry Soup.

Yes, we like to include dry soup in our food hampers. It's a great lunch item or could be used as a base for a more hearty meal. Another benefit of dry soup mixes is their long shelf life. Ramen, chicken noodle, vegetable - all are great flavors to donate.



Day 18: Condiments.

This would be an item available on request or in our Pantry when we have enough available. Think about having your hot dog without relish or mustard, making a sandwich without ketchup or mayo. It's nice to have a few condiments to offer some extra flavor.



Day 19: Granola Bars.

Kids' snack. Breakfast-on-the-go. Lunch top-up. Granola bars make a good donation item that isn't part of our food hamper program, but is often a supplemental item when households have school age children. An extra addition that is greatly appreciated.



Day 20: Fruit Cups.

This is another extra we try to provide for families with young children as an extra to their hampers. We put them in to school snack packs or have them for toddlers for some extra fruit... when we have enough available. And right now, we are completely out.

