

Give food and hope for the holidays!

Since the pandemic, food bank use continues to rise. Through Daily Bread Food Bank's **12 Days of Giving**, you and your family can help ensure everyone's right to food is realized this holiday season.

How it works:

1. Decorate a box or gift bag
2. Each day for 12 days in December, collect one item from our most needed items list below.
3. Once you've filled your box or bag — you can drop it off at your local Fire Hall.

**Day
1**



PEANUT BUTTER

**Day
2**



PASTA

**Day
3**



CANNED FRUIT

**Day
4**



CANNED SOUP

**Day
5**



RICE

**Day
6**



OATMEAL

**Day
7**



**BEANS (LENTILS,
CHICK PEAS, ETC.)**

**Day
8**



PASTA SAUCE

**Day
9**



**CANNED FISH
(TUNA IN WATER)**

**Day
10**



100% FRUIT JUICES

**Day
11**



**CANNED
VEGETABLES**

**Day
12**



**BABY FOOD/
FORMULA**

If you have any questions or would like to learn more about other ways to support Daily Bread this holiday season, please contact Michelle Silva, Food Procurement Coordinator, at msilva@dailybread.ca or 416.203.0050 x241. To make a financial donation, please visit dailybread.ca.