

# SOUNDS OF THE SEASON

Join us and help support local food banks



make the season kind

Knights Table

Helping To Alleviate Hunger in Peel Region

Dear Neighbour,

Our school is participating in the CBC Sounds of the Season School Challenge, and we are organizing a food drive in support of **Knights Table**. We're vying against schools across the GTA to win a pizza lunch for the entire school, courtesy of Pizza Pizza.

## HELP OUR COMMUNITY AND HELP US WIN!

You're invited to fill a basket, box, or bag with nourishing, non-perishable food, which will help make an immediate difference for families experiencing food insecurity in our community.

Food bank use has reached crisis levels. Your support is greatly needed and very much appreciated.

### Most-needed items include:

1. Cereal: hot and cold
2. Pancake mix & syrup
3. Pasta sauce
4. Canned fish & meat
5. Canned vegetables and fruit
6. Mac & cheese and instant noodles Rice
7. Fruit juice & drink boxes
8. Sugar
9. Cooking oil
10. Diapers (size 5/6 in high demand)
11. Snacks: cookies, puddings, jello, granola bars
12. Hygiene products – soap, deodorant, shampoo, toothbrush, toothpaste (high demand)

### Here's what to do when you have filled your basket, box or bag:

If you, a family member, or any of your friends or colleagues need access to food, please do not hesitate to reach out to Knights Table so that they might help connect you to local food programs.

Learn more at [knightstable.org/programs-and-services/food-programs](https://knightstable.org/programs-and-services/food-programs)

**Thank you for your generosity. Together, we can ensure that our neighbours experiencing hunger can access the nutritious food they need.**