



**make
the
season
kind**

Join us and help support local food banks



the
**FOOD
BANK**
of York Region



**Most
Needed
Items**

Most needed items:



**CANNED
MEAT, FISH OR
VEGETABLES**



**BEANS DRIED
OR CANNED**



JAM OR JELLY



**SOUPS OR
STEWES**



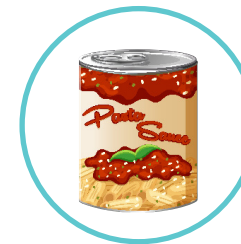
**PEANUT
BUTTER**



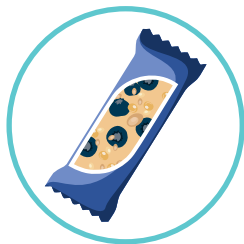
INSTANT RICE



RICE



**PASTA &
PASTA SAUCE**



**MEAL
REPLACEMENTS**



**CEREAL HOT
OR COLD**



COOKING OIL



APPLE SAUCE

Thank you for your generous support!