



“The Calgary Food Bank is the first line of emergency food support for families and individuals facing crisis. We rely solely on the generous support of the community.”

Last year the Calgary Chapter donated \$5192.00 and 500 lbs of food to the Calgary Food Bank.

Consider gluten free, low sodium or sugar free:

- ◆ Baby food in jars, Formula with iron
 - ◆ Pull-top meals and soups
 - ◆ Peanut butter
 - ◆ Pasta (Kraft Dinner)
 - ◆ Pasta Sauce
 - ◆ Canned tomatoes
 - ◆ Canned fruit
 - ◆ Canned soup
 - ◆ Canned meat or fish
- ◆ Juice boxes, canned milk
 - ◆ Diapers (pampers)