

# Food Bank (and School Supplies) Collection Sunday and Monday



On July 27<sup>th</sup>, we will be collecting donations for the Heron Emergency Food Centre. This is the first time that we have targeted HEFC. Please consider their needs.

You can drop off donations in the food bank collection box on or before **Sunday, July 26<sup>th</sup>** or at the church on **Monday, July 27<sup>th</sup>** between **2:00 to 3:00 PM**.

**OR**

**Make a donation** to the Heron Emergency Food Bank **via e-transfer** to [envelope.secretary@emmanuelunited.ca](mailto:envelope.secretary@emmanuelunited.ca) and indicate for the **Heron Emergency Food Cupboard** in the memo field.

## **Most needed items:**

- Rice
- Pasta and pasta sauce
- Canned meat and fish
- Canned fruits and vegetables
- Canned stews and chili
- Whole grain cereals
- Coffee
- Healthy snacks – granola bars, fruit cups, apple sauce
- Size 3T, 4T, and 5T Diapers
- Feminine supplies
- Reusable grocery bags

## **School Supplies:**

- Pencil crayons, washable markers, HB pencils, pens
- Pencil sharpeners, erasers
- Kid safe scissors
- Metric rulers
- Glue sticks
- Lined notebooks, paper (both lined and graph), duotangs, binders
- Calculators, geometry sets
- French English dictionaries
- Small hand sanitizers

**Please consider product quality over quantity as some items are easily broken by children.**