



## THANK YOU FOR CONTRIBUTING ITEMS TOWARDS CHRISTMAS HAMPERS AND FOODBANKS FOR THOSE MOST IN NEED.

**Canned Soup**, Canned Fruit, Canned Tuna, Canned Meats, Pickles, Ketchup, Mustard, Instant Potatoes, Baked Beans, Chick Peas, Black/Kidney Beans, Flour (White & Whole Wheat), Sugar (Brown & White), Cereal, Juices, Pipe Filling, Rice (Brown & White), Pancake Mix, **Shampoo/Conditioner, Deodorant (Men's & Ladies)**, Dish Soap, Boost/Ensure, Lactose Free Items, Canned Pasta & Dry Pasta, Juice Boxes, **Granola Bars, Puddings**, Cooking Oil, **Canned Stew, Chunky Soup**, Pasta Sauce, **Jam**, Tomato Sauce/Paste, Hamburger/Tuna Helper, Coffee/Tea, Oatmeal, Popcorn, Snack Foods, **Stove Top Stuffing, Spices**, Syrup, **Toothpaste, Toothbrushes, Disposable Razors**, Laundry Soap, All Purpose Cleaners, Diabetic Friendly Items, **Gluten Free Items, Body Wash**, Cranberry Juice, Apple/Orange Juices, **Christmas Items**

*Please no expired best before dates.*

**For the whole law is fulfilled in one word:  
"You shall love your neighbour as yourself."  
Galatians 5:14**

Learn more at: [centralcommunity.ca/BackpacksOfHope](http://centralcommunity.ca/BackpacksOfHope)

