



The Compass Thanksgiving **Food Drive**

The demand at The Compass food bank is always higher at this time of year. Any donation, no matter how small, can help people in your community have a good holiday weekend.

We welcome all non-perishable food donations.

We especially need:

- Dried Beans (lentils, soup beans, black beans etc)
- Canned meat (i.e., corned beef, spam, holiday etc.)
- Cereal & Oatmeal
- Diapers (sizes 3, 4, 5, 6 & pull-ups)
- Shampoo, Deodorant & Bar Soap
- Juice Boxes
- Coffee & Tea
- Chili / Stews
- Canned tomatoes
- Pasta Sauce
- Canned pasta with meat
- Canned tuna & salmon
- Peanut butter
- Jam / jelly
- Canned fruit

Please check “best before” and “expiry” dates before donating.

Thank you so much for your help!

The Volunteers at The Compass
310 Lakeshore Road West
905-274-9309