



## RE: CFL Citizenship Project

Dear CFL Families!

Thank you for helping to collect winter wear donations for the Family Connections Centre. We collected two large bags of warm winter clothing to provide to children and families in our community.

For December, we will be collecting items for two local organizations - Parkland Food Bank and Pack A Care Kit Association. Items can be dropped off at CFL main campus from Dec 4 - Dec 19. A representative from Pack A Care Kit Association will be coming in to collect items on Dec 19 and speak to some of our CFL junior high students about their organization during My PATH that afternoon.

The Parkland Food Bank prepares an average of 720 hampers per month. Below is a list of hamper items that are always accepted. Additionally, they accept cash donations online at <https://parklandfoodbank.org/donate-funds/>.

- Baby formula
- Gluten free foods
- Lactose free milk (non refrigerated)
- Canned/dried beans: chickpeas, black beans, white beans, red kidney beans
- Canned/dried lentils
- Chunk light tuna and salmon ●
- Canned turkey, chicken, ham ●
- Canned tomatoes, tomato paste ●
- Canned vegetables
- Canned fruit
- 100% juice
- Canned pumpkin
- Whole grain pasta
- Brown rice, instant brown rice
- Boost/Ensure
- Rolled oats
- Yellow corn meal
- Peanut butter
- Pasta sauce
- Canned soup
- Ready to eat soup/pasta ●
- Sidekicks
- Pork & beans
- Whole grain crackers
- Whole grain/low sugar cereal
- Oils: olive or canola
- Seasonings
- Reduced sodium chicken, beef or vegetable broth
- "Lite" coconut milk
- All purpose flour
- Vinegar: white, apple cider ●
- Condiments: salad dressing, ketchup, mustard, pancake syrup, etc.
- Sugar
- Coffee
- Tea



## PACK A CARE KIT ASSOCIATION

helping less fortunate & homeless individuals  
with hygiene needs

[packacarekitassociation@gmail.com](mailto:packacarekitassociation@gmail.com)

780-996-6101

Registered Non-Profit

711420604



# winter donation items needed:

pocket size kleenex  
tampons/pads  
deodorant/bars of soap/wipes  
shampoo/conditioner(travel size)  
toothpaste/toothbrushes/razors  
men's socks/combs  
hand & feet warmers/lip chap  
toques/mittens  
individually wrapped snacks &  
candies/large freezer ziplock bags

