

# THE SPIRIT OF GIVING.



Each year, The Mustard Seed expands its programs and services in December. We provide an additional **1500 Christmas food hampers** to families, offering holiday food essentials including turkeys, and gifts for children and pre-teens--whose parents might not otherwise be able to afford them.

Cash Donations Help Us Purchase	Recommended Foods to Donate	Other Items to Donate
<b>DAIRY</b>	<b>NON-PERISHABLE FOOD</b>	<b>BABY ITEMS</b>
<ul style="list-style-type: none"> <li>• Milk</li> <li>• Yogurt</li> <li>• Cheese</li> <li>• Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter</li> <li>• Canned Fruit &amp; Vegetables</li> <li>• Canned or Dried Beans and Lentils</li> <li>• Canned Fish</li> <li>• Dry Pasta and Rice</li> <li>• Canned Soups &amp; Stews</li> <li>• Cooking Oil/Herbs &amp; Spices</li> <li>• Cereal (instant and cooking)</li> <li>• School Snack Items (bars, juice boxes)</li> <li>• Dietary Specific (Diabetic, gluten-free)</li> </ul>	<ul style="list-style-type: none"> <li>• Formula (liquid or powder)</li> <li>• Baby Food (jars or pouches)</li> <li>• Diapers &amp; Pull-Ups</li> <li>• Toiletries</li> </ul>
<b>PERISHABLES</b>		<b>PERSONAL NEEDS</b>
<ul style="list-style-type: none"> <li>• Fresh Fruit &amp; Vegetables</li> <li>• Potatoes, Carrots and Onions</li> <li>• Meat/Protein Alternatives</li> <li>• Dairy Alternatives (soy, almond milk)</li> </ul>		<ul style="list-style-type: none"> <li>• Soap (laundry/dish/hand)</li> <li>• Toothpaste &amp; Brushes</li> <li>• Deodorant</li> <li>• Feminine hygiene supplies</li> </ul>

## THANK YOU FOR MAKING THE HOLIDAYS A LITTLE BRIGHTER FOR FAMILIES IN OUR REGION!

To sponsor a family Christmas Hamper (\$130/hamper) please direct funds to "Christmas Hamper Sponsor" online or by cheque.

You can also support by donating new children's gifts:

- **Children 0-12 Months** (books, toys)
- **1-3 Years** (dolls, trains 'n' trucks, no stuffed animals)
- **4-7 Years** (barbies, transformers, lego, duplo, action figures)
- **8-12 Years** (Nerf, Starwars, Shopkins, Hatchables, gloves & scarves)
- **13-17 Years** (movie vouchers, \$20 gift cards for shopping centres, or electronic stores, board games.)

