

SUMMER IS COMING...

But hunger does not take a vacation!

Fill Your Neighbours' Home With Hope
Serving Hamilton Mountain and Surrounding Communities

GROCERY ITEMS REQUIRED

- ⊗ **Canned vegetables**
- ⊗ **Canned meat**
- ⊗ **Canned fish / salmon / tuna**
- ⊗ **Canned fruit**
- ⊗ **Canned / dried beans / lentils**
- ⊗ **Kraft dinner**
- ⊗ **Spaghetti Sauce**
- ⊗ **Pasta**
- ⊗ **Rice**
- ⊗ **Chick Peas**
- ⊗ **Jam**
- ⊗ **Soup**
- ⊗ **Drinking Boxes**
- ⊗ **Fruit cups**
- ⊗ **Flour**
- ⊗ **Baby Formula**
- ⊗ **Powdered Milk**
- ⊗ **Diabetic nonperishable items**
- ⊗ **Nutren/Resource/Boost/Ensure**
- ⊗ **Diapers**
- ⊗ **Bathroom tissue**
- ⊗ **Cereal**
- ⊗ **Juice**

**1 in 5 Families
in Hamilton
Live in Poverty!**

The Hamilton Roundtable
for Poverty Reduction.



Thank You
for your
support

For more information

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Help is Just a Neighbour Away