



Fighting Community Hunger

The **Nepean Minor Hockey Association** has decided to help replenish the shelves in the **Ottawa Food Bank**.

With approx. 3,000 players in our Association, we can make a difference.

I would ask that each player donate 1 or 2 items below to help some less fortunate family in our own community.

You may drop your donation off to the Hockey Office

Tuesday or Thursday evening from 5-8pm

or Saturday from 9am-noon.

The most urgently needed items required by the food bank.

Canned Fish & Meat

Canned Vegetables & Fruit

Cereal (Whole Grains)

Cooking Oil

Dry Pasta & Sauce

Juice [Boxes or Cans]

Baby Diapers

Baby Formula

Legumes [Canned or Dried]

Macaroni & Cheese

Peanut Butter

Rice

Personal Hygiene Products

Household Products

Snacks [Think Nutritious!]

Soup

Thank you in advance for your donation on behalf of your association!!!

PLEASE HELP FIGHT COMMUNITY HUNGER!!!