

HOLIDAY FOOD DRIVE

\$1=
food for
2 meals

MOST NEEDED FOOD

PROTEIN



Peanut butter, beans,
canned fish, and meat.

FRUITS AND VEGETABLES



Canned fruits and vegetables,
soup, stew, and fruit juice.

DAIRY



Milk, yogurt,
butter, and cheese.

GRAINS



Flour, pasta, rice, healthy
cereal, and kraft dinner.

themississaugafoodbank.org/holiday