

2022

THANKS GIVING

FOOD DRIVE

MOST NEEDED FOOD

PROTEIN



Peanut butter, beans,
canned fish, and meat.

FRUITS AND VEGETABLES



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

DAIRY



Milk, yogurt,
butter, and cheese.

GRAINS



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

themississaugafoodbank.org/thanksgiving