



Hello Neighbours,

The Manafo family here! We hope you're keeping well in the midst of these different circumstances we all find ourselves in. The COVID-19 pandemic is affecting almost every area of life, and one of those areas feeling the pinch perhaps even more than us, are our local food banks. As we see limited supplies on our grocery store shelves, we want to think of those who may experience difficulty year-round with feeding their families.

Our Invitation:

- 1) Fill this bag with non-perishable foods.
- 2) Here is a list posted on the **Feed the Need in Durham's** website (<https://feedtheneedindurham.ca/covid-19/>) of the most needed items:
 - *Protein* (canned tuna & salmon, peanut butter)
 - *Fruits & Vegetables* (pasta sauce, canned fruits & veggies)
 - *Snack food* (granola bars, crackers, juice boxes, fruit cups)
 - *Breakfast food* (hot/cold cereal, jam, pancake mix, syrup)
- 3) **Put this filled bag on your porch by 12 pm on Sunday, May 31st**
- 4) We will pick it up in the afternoon on that day, and ensure it gets to the Feed the Need in Durham

Our Commitment:

- We will ensure that all of these items are promptly delivered to Feed the Need in Durham. We welcome you to contact us if you have any questions or concerns. (Or if you need help in any way yourself).
- We commit that in the preparation and delivery of these bags, proper handwashing and physical distancing has been used.

If you do not feel comfortable donating food, but would still like to help Feed the Need in Durham, you can make a monetary donation at <https://www.canadahelps.org/en/pages/village-food-drive-for-feed-the-need-durham/>

Your neighbours,

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