



# PANTRY HAMPER FOOD DRIVE

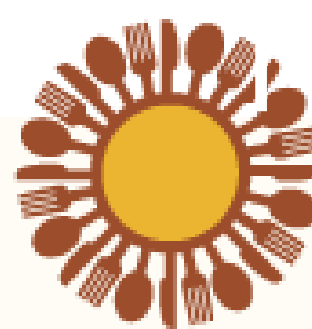
Help your local Food Bank by building a complete Pantry Hamper that can be given directly to someone experiencing food insecurity and poverty this season.

## A COMPLETE PANTRY HAMPER INCLUDES:

- 1 tin veg & 1 tin fruit
- 1 pasta sauce/passata
- 2 tins of soup
- 1 mac and cheese
- 1 tin of protein
- 2 instant ramen
- 1 dried pasta
- 1 pack of crackers
- 1 pack of cookies
- 2-3 school snacks

## OTHER ESSENTIAL ITEMS:

- Baby food, formula, and diapers
- Period products
- Tea & coffee
- Beans & lentils
- Cereal
- Peanut butter



**COMOX VALLEY  
FOODBANK**  
*neighbours helping neighbours*

Follow @cvfoodbank or visit our website for more information. If you tag us on social media, we will do our best to support and celebrate your Food Drive efforts.