

## CALGARY FOOD BANK



### Did You Know

By providing Weekends and More hampers to participating schools, staff and teachers can support students who are struggling with access to nutritious food on weekends.

## WEEKENDS AND MORE HAMPER ITEMS

- Cereal or instant oatmeal
- Unsweetened applesauce
- Unsweetened fruit cups
- Canned soup
- Milk 2 Go
- Canned chicken & cracker snack packs
- Microwaveable rice
- Raisins
- Goldfish
- Granola bars (nut free)