

We CAN Do It!

Summit Heights Annual Fall Food Drive

Monday, November 6th, 2017 - Thursday, November 16th, 2017

Dear Summit Families,

The Social Justice League is organizing Summit's annual fall food drive for the North York Harvest Food Bank. We believe in this cause because we feel it is important to help other families who rely on the food bank.

Last year Summit collected 750 pounds of food, we also raised \$363.75 which provided 1,092 meals, helping 75 families! This year, you have the option of making a monetary donation (cash or online) along with your non-perishable food donation. With as little as \$1 the food bank is able to buy 3 meals for Torontonians in need. If every Summit Heights student brings in one dollar, the food bank will be able to buy 1,104 meals. Each class food bin will have a container in it for cash donations. Our focus for food donations will be on nutritional items. Please look on the back of this notice to see how you can help by bringing in food that will nourish food bank clients. We would like to contribute to the health and well-being of all Torontonians, and we thank you in advance for helping us reach our goals.

For more information or to donate online, please go to:

<https://northyorkharvest.com/summit-heights-public-school/>

Thank you,

The Summit Heights Social Justice League



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Top 5 Requested Food Items

Canned Tomatoes



Used in all cultures
Versatile - can be used in many dishes
Most brands contain no additives
Shelf stable produce

Canned Beans



Excellent source of protein and fibre
Can reduce 'bad' cholesterol
Used in all cultures
Great source of iron

Canned Fish



Expensive item for tight grocery budgets
A source of healthy fat
High in protein
Easy to incorporate into salads and pastas

Household Size Oil



Expensive item for tight grocery budgets
Allows easier absorption of nutrients
Useful in cooking and baking
A source of healthy fat

Rice



Healthy carbohydrate
Used in all cultures
Various selections
An excellent source of vitamins and minerals like niacin, vitamin D, calcium, fibre and iron

Here are some other healthy ideas for food you can donate:

- Oatmeal
- Brown rice and Quinoa
- Low sugar cereals such as cheerios
- Whole grain pasta
- Dried fruits (banana chips, raisins, mango, etc.)
- Canned beans with low sodium
- Chickpeas with low sodium
- Sardines, Anchovies and Tuna
- Baby Food/Formula/Diapers
- Tofu
- Canned tomatoes
- Whole grain flour
- Whole grain Crackers
- Low sugar nutrition bars
- Canned fruit with low sugar
- Low sodium soups



Try to avoid sending foods high in sodium/sugar.

Do not send:

- ***Fresh fruits, vegetables, or other perishable foods***
- ***Please try not to bring any products containing nuts, pine nuts or other common allergens (i.e. milk, eggs)***