

# We CAN Do It!

## Summit Heights Annual Fall Food Drive

**Monday, Nov. 6th, 2017 - Thursday, Nov. 16<sup>th</sup>\*, 2017**

*(\*If any parents wish to bring in donations on Thursday evening or Friday morning during parent-teacher interviews, please do so by dropping off the canned goods directly to the bins outside of the office)*



Dear Summit Families,

Thank you so much for your great generosity in the first week and a half of our Fall Food Drive in support of the North York Harvest Food Bank. So far, we have collected over 550 items of food and we have raised \$204 in monetary donations, both in cash and on our online donation page. The food bank can provide 3 meals with each dollar donated, so your kind donations of money have already provided needy Torontonians with 612 meals. We have only 2 days left in our food drive for this year. Keep up the good work. Remember to aim for the Food Bank's "Top 5" donation items, as they allow families to prepare food from a wide variety of cultural traditions.

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

### 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

#### 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

#### Canned Fish



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

***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)***