

Help us feed Guelph's hungry children. Below you will find some of the items that we typically provide to close the weekend hunger gap.

We aim to provide a balanced mix of 12-14 shelf-stable items that are not too heavy for the child to carry home.

To participate:

1. Choose 12-14 items
2. Decide how many kids you would like to feed
3. Note down the shopping total then click **DONATE** to link to [CanadaHelps](#)

Cost of 1 weekend food bag?

How many kids?

Shopping list total

Fruit & Vegetables



Oranges?



Apples?



Bananas?



Carrots?



Cucumber?



Grapes



Pears



Snap Peas



Tomatoes

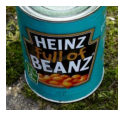
Proteins



Tuna?



Cheese?



Beans?



Hot Rods?



Soup?



Milk to Go?



Chicken?



Beefaroni



Pita Chips?

Grains



Bagel?



Oatmeal?



English Muffin?



Cheerios?



Special K?



Scones?



Pita Bread?



Granola bar?

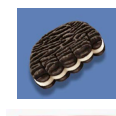
Snacks



Goldfish?



Fruit Cup?



Bear Paw?



Bits & Bites?



Snap Crisps?



Raisins?



Choc Chip Cookie?