

*1 in 14 households in Waterloo Region
need food assistance.*

Cardinals, let's do our part to help out families in our community!



This year, John Sweeney is hosting a...

Thanksgiving Food & Fund Drive

October 2nd-13th

We are collecting non-perishable food items for the Waterloo Region FoodBank and monetary donations in support of our John Sweeney Nutrition for Learning program.

Please give, if you're able, to one or both of these options this Thanksgiving season:



THE
FoodBank
OF WATERLOO REGION

Currently, the most needed food items are:

- Canned fruits and vegetables
- Canned meats and fish
- Dry beans and pasta
- Hot and cold cereal
- Individually packed snacks (granola bars, apple sauce)
- Jam/fruit spread
- Pasta sauce
- Peanut butter
- Rice



Here at John Sweeney, ALL students have access to healthy snacks throughout the day through our Nutrition for Learning program. Donations would be greatly appreciated to help us continue to provide nutritious food for our school community. Please go to the Nutrition for Learning website and select John Sweeney from the dropdown list to ensure the funds support our snack program:

<https://www.nutritionforlearning.ca/donations/>