

VAD is hosting a

HYS CENTRE

Holiday HAMPER Drive!

VAD is hoping to raise enough donations in the month of November to support 10 families with an individual with disabilities this holiday season.



Show your support this season by bringing your non-perishable items to suite 406 between 9 am and 2 pm during November's holiday hamper campaign.

Monetary donations will also be accepted.

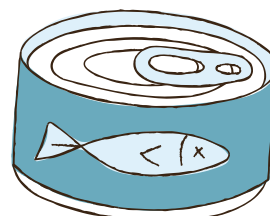
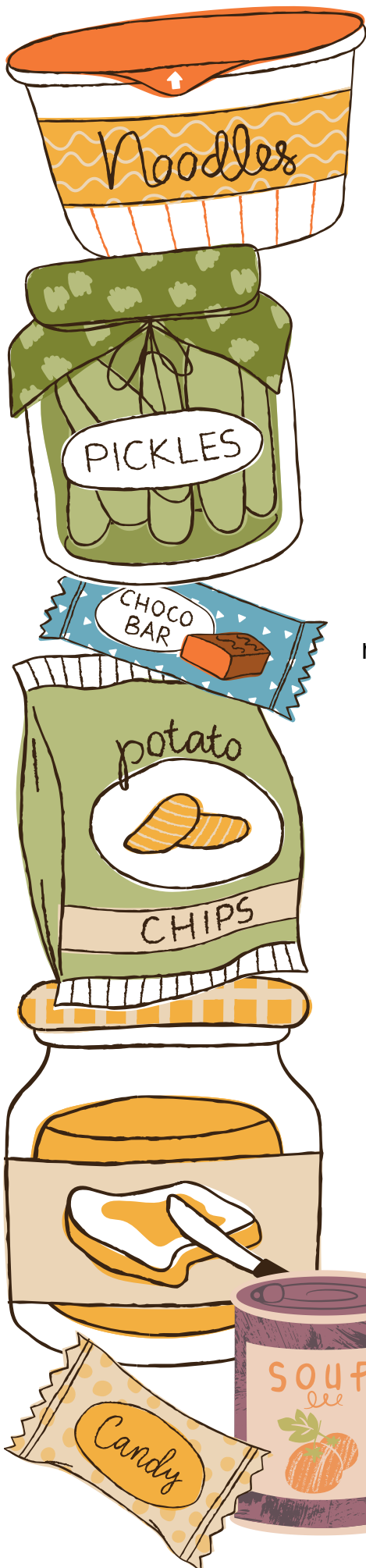
Donations will be made into hampers and delivered in December. VAD will provide each hamper with a Safeway \$25 gift card.

NOVEMBER 2022

406 Hys Centre, 11010 101 Street, Edmonton

www.vadsociety.ca 780-488-9088

Food Drive



Food Drive

Here is a list of common items that are needed in hampers:

- Salmon, Tuna, Canned meat
- Beans, Lentils
- Canned vegetables or fruit
- Pastas, Macaroni & Cheese, Hamburger Helper
- Spaghetti sauce
- Stew, Soups, Chilli
- Powdered milk
- Honey, Jam, or Peanut Butter
- Coffee or Tea
- Rice, Instant Potatoes
- Cereal, Oatmeal
- Pudding, Granola bars
- Stuffing
- Sugar, Flour, Oil
- Crackers, Cookies
- Pancake Mix

Other Items

- Pet food
- Toiletries, Soap, Shampoo, Conditioner
- Toilet Paper, Kleenex



VAD is hosting a
HYS CENTRE
Holiday HAMPER Drive!

