

# Get Involved In Your Community

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## Local Food Banks need your help!

How: Bring items to the  
Courtice FC Fun Day

When: June 18<sup>th</sup>

Suggested items in need; food cards (for fresh items), kids lunch snacks, tea and instant coffee, canned fruit, crackers, canned pasta, stew and chilli, dry soup (i.e. Mr. Noodle), muffin/cake mix, meal helpers (i.e. sidekicks, instant mashed potatoes)

