

Toy Drive Most needed items

The Kinsmen and Kinettes have given us a list of their most needed items broken down by age group.

The Spruce Grove Kinettes lead the Hamper program for Spruce Grove & East Parkland residents, the Stony Plain Kinsmen lead the Hamper program for Stony Plain & West Parkland residents, and working together they make Christmas brighter for local families struggling with a limited income.

The goal is to support local families in need with food and gifts over the holidays, and last year with your help, we assisted 1400 families in our area, and supported almost 4000 residents.

Last year, they provided over \$180,000 in grocery gift cards to hamper recipients!

Last year they provided gifts to 1723 children in our area! and Increase from the previous year

The most needed age groups are:

Boys and girls 10-12

Boys and Girls 13-17

Item examples

Boys and Girls 10-12

- Modelling sets for boys - cars to put together
- Craft kits - Color Zone kits, Friendship Bracelets, Art kits, Spirograph
- Sports balls
- Science Kits- Snap Circuits, National Geographic STEM Kits.
- Hair products
- Lego sets
- Cube games - Rubik cube type games.
- Remote control cars
- Journaling books
- Perfumes

Boys and Girls 13-17

Gift cards in \$25 denominations

- Michaels
- Winners
- Sportchek
- Ardene
- Canadian Tire
- Walmart
- Chapters
- Fast Food Restaurants.



Food Bank Most Needed Items

The Parkland Food Bank has given us a list of their most needed items for this Holiday Season. Their ask is that we look to provide nutrition this Christmas, not so many treat foods but rather focusing on types of non-perishable food that your own families eat that are lower in sugar, are protein sources or higher in fiber to keep tummies full.

Most needed Items:

List of Foods

- Baby formula
- Gluten free foods
- Lactose free milk (non refrigerated)
- Canned/dried beans: chickpeas, black beans, white beans, red kidney beans
- Canned/dried lentils
- Chunk light tuna and salmon
- Canned turkey, chicken, ham
- Canned tomatoes, tomato paste
- Canned vegetables
- Canned fruit
- 100% juice
- Canned pumpkin
- Whole grain pasta
- Brown rice, instant brown rice
- Boost/Ensure
- Rolled oats
- Yellow corn meal
- Peanut butter
- Pasta sauce

- Canned soup
- Ready to eat soup/pasta
- Sidekicks
- Pork & beans
- Whole grain crackers
- Whole grain/low sugar cereal
- Oils: olive or canola
- Seasonings
- Reduced sodium chicken, beef or vegetable broth
- "Lite" coconut milk
- All purpose flour
- Vinegar: white, apple cider
- Condiments: salad dressing, ketchup, mustard, pancake syrup, etc.
- Sugar
- Coffee
- Tea

Household Cleaning Products

- Dish soap
- Laundry Soap
- All Purpose Cleaners
- Dishing Washing Pods

List of Baby items

- Baby Food
- Infant Formula
- Diapers (most needed are sizes 4, 5 and 6)

List of Hygiene items

- Shampoo/Conditioner
- Toothbrush/Toothpaste
- Hand Soap
- Deodorant
- Body Wash
- Hand Lotion
- Tampons/Pads
- Toilet Paper
- Kleenex

