



KLCA needs your help to support the Kanata Food Cupboard!

Kanata Lakes Community Association

Virtual Food Drive

Please help us support the thousands of Kanata residents that rely on the Kanata Food Cupboard every year. The COVID-19 pandemic and its economic hardship in our community underscores the need to support our local food bank.

The KLCA encourages you to participate in the Virtual Food Drive by making a **cash contribution to the Kanata Food Cupboard:**

<https://www.canadahelps.org/en/pages/kanata-lakes-community-association-virtual-food-dr/>

If you would prefer to donate non-perishable food items you are welcome to drop them off at Loblaws Kanata Centrum, Walmart Kanata Centrum, Metro March Rd or Sobeys March Rd.

Most needed items include:

- Kidney beans, chickpeas, black beans
- Rice
- Dry pasta and spaghetti
- Pancake syrup
- Canned meats
- Feminine hygiene
- Canned pasta sauce
- Lunch snacks

- Granola/cereal bars
- Canned fruit
- Bars of soap
- Toilet paper
- Baby food

