



Sweenie Moving
www.sweeniemoving.ca
(250) 544-6462



Did You Know?

Each month over 850,000 Canadians turn to food banks for help.

DONATE YOUR FOOD WHEN YOU MOVE



Moving?
Set aside your unopened, non-perishable food items



Our crew will pack up your food and deliver it to the local food pantry



From there, your donations will be sorted and delivered to local families in need.



We Proudly Support Move For Hunger

WHAT TO DONATE?

Pasta/ Sauce, Baby Food/Formulas, Dry Beans, Flour, Cereal, Oatmeal, Juice, Rice, Peanut Butter & Jelly, Crackers, Cookies
Canned: Vegetables, Fruits, Stews, Soups, Beans, Tuna, Meat

For More Information Visit : www.MoveForHunger.org