

BACK TO THE BASICS

Food Bank Needs:

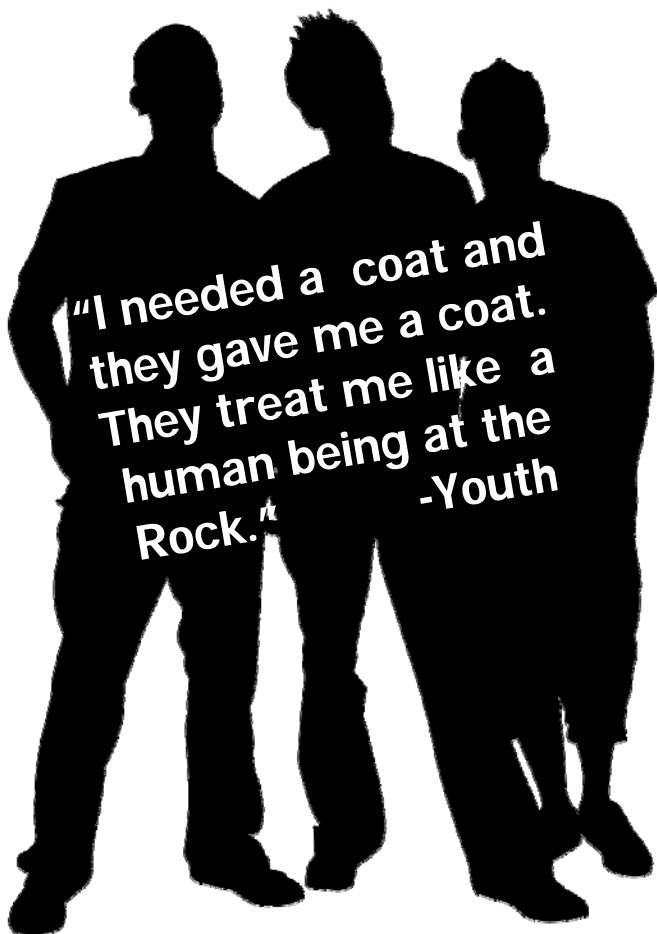
Canned Meat
Canned Fish
Canned Fruit
Canned Vegetables (Corn)
Canned Ravioli
Chicken Noodle or Vegetable Soup
Pasta and Pasta Sauce
Peanut Butter
Brown Beans
Powdered Baby Formula
Diaper Sizes 3-6
Baby Wipes
Feminine Products

Gently used Youth Friendly Clothing

Jeans (all sizes)
Sweaters
Sunscreen
Bathing Suits
Shorts
T-shirts
Socks
Undergarments
Gym Clothing
Swimwear for Recreation Programs
Clothing for Children 3 and Under

Other Needed Items

Towels
Bedding
Can Openers
Cutlery
Plastic Re-useable Cups
Hair Dye
Craft Supplies
Clothing for cultural fashion shows



For more information about
Living Rock Ministries call:
905-528-7625

GIFTS THAT LAST ALL YEAR

□ Financial Support Opportunities

- ✓ \$3,000 to support Weekend Program (per month)
- ✓ Become a sponsor for \$27 per month
- ✓ Become a 'Donor of the Day' for the Breakfast Program



□ Incentives We Provide:

- | | | |
|--|----------------------------------|-------------------|
| ✓ Variety of Phone Cards | ✓ Hygiene Products | ✓ Food Vouchers |
| ✓ Pharmacy Gift Cards | ✓ Giant Tiger Gift Cards | ✓ Movie Passes |
| ✓ Journals | ✓ Art Supplies | ✓ School Supplies |
| ✓ Alarm Clocks | ✓ Tim Horton's Gift Certificates | ✓ Diapers |
| ✓ New urban clothing help youth fit in and not be labelled | | |

“It is not just about getting warm but about being part of the community.”

□ Incentives:

Youth want to work, a staff identified. *“Streets will pay for doing illegal activities.”* Living Rock has a goal to see youth get a vision for their lives. We provide them opportunities to work and set goals.

Youth “work to earn” for incentives in Work Crews (cooking, shipping and receiving in the Food Bank, janitorial and maintenance work). Incentives help staff honour a youth's time and effort *i.e.* school attendance and “earning through learning”. Time is valued. Incentives open the door to develop consistent one-to-one relationships and accountability with a coach. *“Sometimes, it is the incentives that get youth started, but it is the value of work that keeps them involved.”*

Any donations are welcome, including “in-kind” merchandise from businesses.

Pre-authorized gifts help Living Rock to budget and plan.

Thank you for taking the time to keep Living Rock in your thoughts and prayers.



*If you would like to give a gift that lasts all year, please call 905-528-ROCK (7625)
Or email: development@livingrock.ca*