

Food for Thought

07.2024



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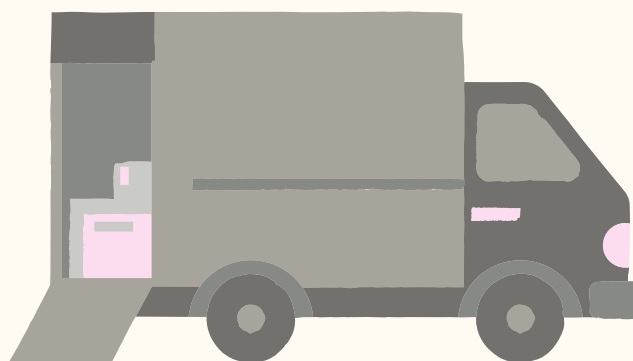
UPCOMING EVENTS

Take a look into what we'll be doing.

valu-mart

Friday August 9th
8am to 1pm

We've been invited back to Tremblett's Valu-Mart for another food drive! There will also be other events happening at the store. Join us for a fun day!



Fill A Truck Event with Period Equity Project



On August 24th from 11am to 3pm we will be joining Period Equity Project on the green in Wortley Village for their Fill-A-Truck event. They're a non-profit that distributes menstrual products to those in need. Please come by and donate if you're able. There will be lots of other vendors and events happening as well 😊



Bananas are a great source of potassium, magnesium, fibre and carbohydrates!



Recipe of the Month

3 Ingredient Peanut Butter Banana Bars

Ingredients

- Bananas (the more ripe the better)
- Peanut Butter (chunky or smooth, your preference)
- Oats (Old fashioned oats work best)

Directions

- *Mash the bananas and mix with peanut butter and oats**
 - *Press batter into greased baking dish (or use parchment paper)**
 - *Bake in 350 degree oven for 20 minutes**
 - *Let cool for 20 minutes, then cut into desired pieces**
- Enjoy!**

Total Food Bundles Provided for July



Freshco Food Drive!

