

FOOD FOR THOUGHT

In October, we provided fewer bundles overall, conducting only one food drive. However, every request made was fulfilled. Though requests slowed down towards the end of September, we remained busy by holding key meetings and working on website updates to better serve our families.



Oct. 12 Food Drive at Food Basics



food
Basics

**FAMILIES
HELPED**


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This month we were invited to meet with The Royal Imperial Sovereign Court of London Southwestern Ontario Inc. to discuss possible assistance with funding for our next fiscal year! We appreciate the opportunity to discuss helping those in need!





Need help?

 Start a call

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We are thrilled to express our gratitude to Elevenlabs for their generous donation of Wanda! Wanda, our AI website expert, can assist you with information about our non-profit, bylaws, how to request help, and how to donate. Best of all, she is fluent in any language you prefer. This allows us to provide assistance to families facing language barriers! Please note this is exclusively for mobile devices at this time. Start a call and ask away!

A big shoutout to Urban Roots London for their generous weekly donations of fresh, local produce! Thanks to their support, we've been able to include this amazing produce in our food bundles every week.



Halloween Leftover Trail Mix



Ingredients:

- 1 cup of leftover Halloween chocolate or candy, chopped (dark chocolate is ideal)
- 1/2 cup mixed nuts (almonds, peanuts, cashews)
- 1/4 cup dried fruit (raisins, cranberries, or dried apricots)
- 1/2 cup whole-grain cereal (like Cheerios)
- 1/4 cup pumpkin seeds