

## Cross Country Gives Back, 2018!

Once again, Cross Country running participants have a chance to work as a team to make a difference in our own community!

We are asking each runner in the district to bring a couple of non-perishable food items or much-needed toiletries to the final meet of this season at the Lower Seymour Conservation Reserve on Wed., Oct. 24<sup>th</sup>. These will be collected for donation to our North Shore "Harvest Project". Please consider sending a reminder about this out by email to families so they can plan.

Sherwood Park will be placing collection bins by the gazebo which will serve as the check-in area at the LSCR. Please ask your runners to look for them.

Note: Many of us have had times in our lives when making a donation of this type is just not possible. If this puts too much pressure on any of your families, please do not worry at all about not participating in this initiative. We give what we can, when we can.

**Most needed are\*:**

**\*canned fruits / vegetables (green beans, peas, corn)**

**\*cereal and granola bars**

**\*canned meat or fish**

**\*peanut butter and spreads**

**pasta and \*pasta sauces**

**rice, \*condiments**

**\*cookies, crackers, granola bars**

**coffee / tea**

**flour and sugar**

**toiletries, soap, shampoo, conditioner**

**laundry detergent and dish washing soap**

**toilet paper,**

**diapers sized 4, 5, & 6**

**fortified milk drinks**

**\$25 grocery store gift cards**

**\* although *all* non-perishable donations will be gratefully accepted**