

# AFTER THE BELL PACKS HAVE ARRIVED!

June 1, 2020

Sponsored by  ,  , **Scotiabank** and through

their After the Bell program,   breakfast/snack hampers will include

- 2 milk boxes
  - 1 cereal
  - 3 oatmeal packs
  - 1 breton crackers
  - 2 arrowroot crackers
  - 2 lavish crackers
  - 1 quaker granola bar
  - 1 kashi granola bar
  - 1 vanilla crispy square
  - 1 chicken snack box
  - 3 wow butter
- and will be topped up with **apples** **oranges** **yogurt tubes** **cheese sticks** and/or various other fresh foods.

These packs will be issued at 1 per child (under 18 years) per family on a weekly basis. If you are already receiving the snack hamper, these will automatically be included starting June 1.

If you would like to receive these along with the snack hamper and have not registered, go to [www.chestermerefoodbank.ca](http://www.chestermerefoodbank.ca) and under 'Receive a Hamper' click on Self Referral.

You will be emailed with an appointment day and time and can then pick up your hamper on a weekly basis. These hampers are distributed through our **FRONT DOOR** at #105, 100 Rainbow Road, just south of the No Frills gas bar in the same building as Lavender Nails.

Please note: due to social distancing and privacy, it is **EXTREMELY IMPORTANT that you arrive ON TIME** as these appointments are made 15 minutes apart. If you cannot make your appointment, you **MUST** call us at 403-273-0777 and let us know. If there are items included with your hamper you can't use, let us know and we'll remove them from your pack.

