

2021

Summer Wish List

Survival Items

- Bottled water
- Men & women's deodorant
- Lip balm / chapstick
- Travel-size sunscreen
- Work boots

Daily Meal Program Items

- Juice boxes
- Granola bars
- Boxed cookies / goodies
- Packaged snacks
- Lunch meat
- Canned tuna / salmon
- Pickles
- Frozen vegetables
- Canned milk
- Salad dressing
- Sugar
- Eggs
- Breakfast sausage
- Cheese slices

Did You Know?

Living outside in the hot sun can bring on dehydration and heatstroke, which can be dangerous and even life-threatening to our guests. By donating these crucial summer wish list items, you're helping your vulnerable neighbours stay safe this summer. **Thanks for your support!**

All donations can be dropped off at:

The Mustard Seed Community Centre
503A Allowance Ave SE
Medicine Hat, AB T1A 3E4

T: 403.504.0342

E: InfoMedicineHat@theseed.ca

Mon. - Fri. 9 a.m. - 2 p.m.

TheSeed.ca

