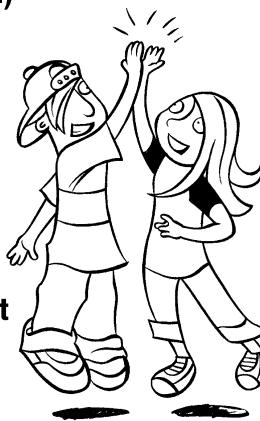


# High Five

## for Winnipeg Harvest!

Here are some suggested items you can donate to Winnipeg Harvest any time of the year. These are taken from Winnipeg Harvest's 10 Most Wanted Foods Items.

- 1 Canned fish or poultry - tuna and salmon packed in water**
- 2 Canned vegetables or fruit packed in their own juice**
- 3 Canned stew, chili, soups (i.e. split pea, bean etc.) or legumes (i.e. chick peas, lentils, kidney beans etc.)**
- 4 Rice – brown, converted or parboiled**
- 5 Cereal – higher fiber, non-sugar coated**



**Did you know that Winnipeg Harvest distributes food to 36,781 people each month? Of this number, 17,256 are children?**

For more information about Winnipeg Harvest, poverty in Canada or to take a Hunger Quiz, go to [www.winnepgharvest.org](http://www.winnipeg Harvest.org).

**nutrition  
nipples**

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