

12 CANS TILL CHRISTMAS

You CAN help Made by Momma create a MAGICAL Christmas for families who are struggling this year! For most of us, the holidays are a time to celebrate with friends and family, but for many Moms it can be a time of loneliness and stress.

We know it takes a village, and together we CAN make a difference.

COLLECT 12 CANS FOR THOSE WHO CAN'T

- 1. Every week between now and Christmas we challenge you to purchase and donate CANS for Made by Momma!** When you shop for your groceries, purchase one or two extra items – it could be a CAN of food or something else that is non-perishable. (see the suggested list below) Collect one or two CANS each week for the next 12 weeks. It is simple to do and may cost as little as \$1 – \$2 per week.
- 2. Completed the challenge?** Drop your collection off at the Made by Momma Resource Centre in December where items will be packed into Christmas food hampers and/or used to prepare freezer meals for families with young children who are struggling.
- 3. Invite as many of your friends to this event as you CAN!** Get your neighbours and co-workers involved or make it a family project – it is never too early nor too late to teach your kids compassion & kindness!
- 4. SHARE this event!** Social media can make miracles happen! **#12CANS4MBM** Be sure to post photos (or a selfie!) of the CANS you have collected to inspire others.

MOST NEEDED

- hearty soups
- tuna/salmon/chicken
- pasta sauce
- coconut milk
- fruits & vegetables
- beans
- broth / stock
- tomatoes
- grocery gift cards

ALSO NEEDED

- gluten free items
- pasta & rice
- lentils & dried beans
- oatmeal
- cereal
- peanut butter
- cream based soups
- dried fruit
- juice

Not able to shop? Don't live in Calgary? Still want to make a difference. Make a charitable donation directly to this program, Canadahelps.org/en/charities/made-by-momma/.

For more information about any of our Christmas Programs, please visit MadebyMomma.org/Christmas

15 YEARS VOLUNTEER-RUN
DONATION-DRIVEN IMPACT-FOCUSED

