

# OUR LOCAL FOOD BANK NEEDS YOUR HELP

Across the globe, everyone is feeling the effects of COVID-19. The pandemic has placed considerable strain on many vulnerable families who can't afford to stock up during this time.

**Help by donating these  
urgently needed food items**



Rice, Pasta, Grains



Canned Tomatoes



Canned Vegetables



Cooking Oil



Canned Fish



[www.northyorkharvest.com](http://www.northyorkharvest.com)