

Debra Dynes Family House – How You Can Help

Ongoing Funding Needs

\$200.00 (per month)	Nutritious food for the After 4 Homework program Sept/June 5 days per week
\$68.00	Powdered milk for the Food Bank
\$35.00	A crate of eggs for the Food Bank - <i>Food bank help 2016 - 11,023, 2017 - 13,986 people</i>
\$20.00	A “Good Food Box” of fresh fruits and vegetables for families in need
\$80.00 (per month)	Computer & Internet access for homework, Resumé writing, job searches, printing/scanning for families and children with no other resources

In Kind Help

- **New or gently used, clothing and household items.**
- **School supplies year-round are needed.**
- **Christmas, Mother’s Day & Father’s Day.** New items needed for our children to give as gifts to their parents.
- **Fabric & notions for our volunteer-run Sewing Programs.** Knitting wools
- **Food donations & diapers are always needed for our food bank and Emergency Baby Cupboard.**
- **Food to spare from your garden? We will be happy to take any produce that you cannot use**



\$130.00	A space for a child in summer camp <i>through July/August for 5-7yrs & 8-12yrs!</i>
\$200.00 (per month)	Nutritious food for our Summer Breakfast Program - 5 days per week, July/August.
\$200.00 (per month)	Nutrition supplies for lunches for summer camp participants July/ August. (\$50 per week) <i>In 2017 we made 805 lunches to go!</i>
\$20.00	School supplies for a child, ready for September - <i>272 children ready to go in 2018</i>

Donations

***The Family House is a registered charitable organization #860064914 RR0001.
Your tax receiptable donation can make a real difference to a child or family.
Donate by cheque or through Canadahelps.org
Please contact 613 224 3824 or debradynes@on.aibn.com for more info
Thank you!***