

# NET TEAM 2



## TEAM INFORMATION

### **Top row (left to right):**

Benjamin Taylor, 19 years old, Airdrie AB  
Kyle Furedi, 25 years old, Lorette AB  
Samuel Brown, 19 years old, Sydney,  
Australia  
Libby Kautz, 20 years old, Kleefeld MB

### **Bottom row (left to right):**

Elizabeth Keogh, 21 years old, Tottenham ON  
Jaqueline Ceron, 19 years old, London ON  
Catherine Henry, 19 years old, Woodstock ON

**Team Leaders:** Ben and Catherine

**Team Leaders Cell Phone:** (343)-548-3329

**Team Email:** [team2@netcanada.ca](mailto:team2@netcanada.ca)

**Individual Dietary Restrictions:** None

**Allergies:** Elizabeth is allergic to cats and dogs.

# List of Whole & Preserved Foods for Parishioners Who Wish to Purchase Groceries

## Whole Foods

1. Fruits such as Apples, oranges, bananas, berries, peaches
2. Vegetables such as Cucumber, carrots, peppers, potatoes, avocados,
3. Bread for sandwiches
4. Items for salads (Leafy greens such as spinach or lettuce)
5. Nuts
6. Eggs
7. Rice
8. Quinoa

## Preserved Foods:

1. Canned or dried soup
2. Cans of Tuna or Salmon
3. Canned Beans
4. Peanut Butter
5. Coffee grounds
6. Tea
7. Sugar
8. Frozen waffles
9. Pancake Mix
10. Syrup
11. Pasta
12. Jam
13. Cereal
14. Granola Bars
15. Dried Fruit
16. Drinks (such as pop, juice boxes, water bottles)
17. Crackers