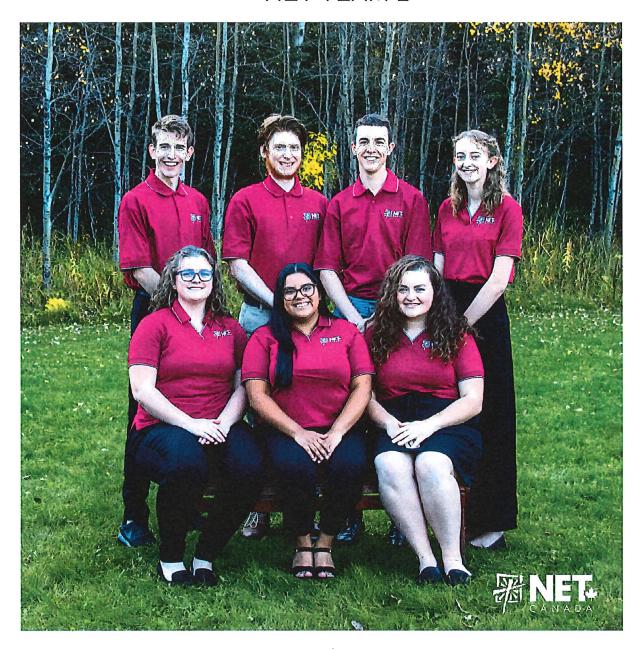
### **NET TEAM 2**



## **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

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**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