

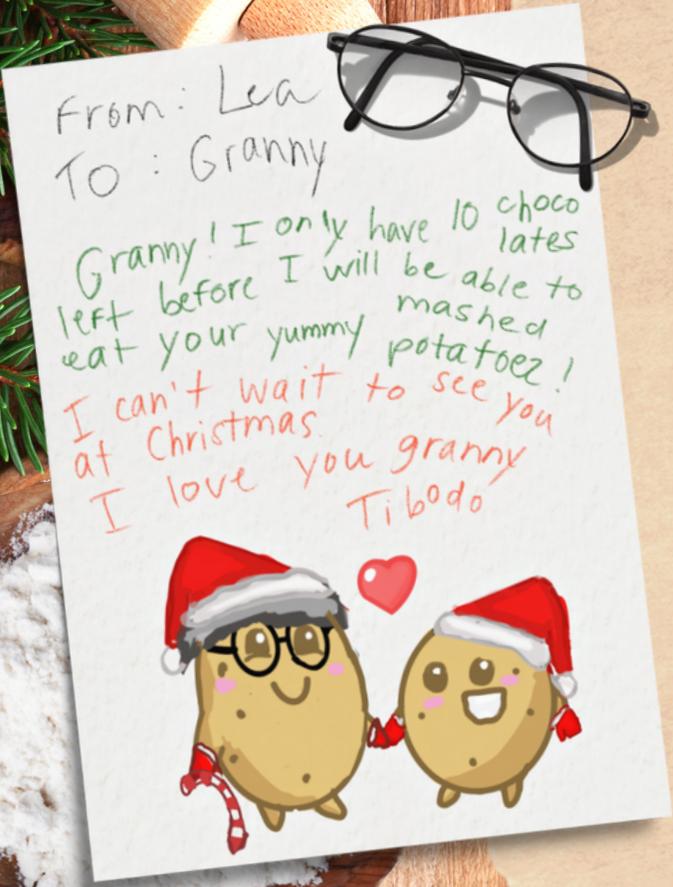
Dear Friends,

For many of us, the holiday season is a time to share precious moments, to gather around a warm meal and, also, to make a gesture for those who are not so fortunate. This period is especially difficult for the 16,000 individuals that Moisson Outaouais helps out every month. Almost half of them are people living alone.

For Ms. Thibaudeau, Lea's grand-mother, her grand-daughter's Christmas card brings back cherished memories. She remembers the aroma of the turkey fresh out of the oven, the bright red of the cranberries, the sweet taste of the Yule log and the giggles and games of her grandchildren.

With the escalating cost of food and her less-than-affordable lodging, the feast she remembers is no longer financially possible on her benefits. Ms. Thibaudeau confides: "I used to think I was a burden when I was seeking help. But I now understand that food banks are non-judgemental in their effort to supply food with dignity."

Through your generous support, our 49 affiliated organizations will bring much comfort to seniors, homeless people, young pregnant woman, people with less autonomy and anyone experiencing food insecurity.



Giving is fulfilling!

With your precious help, the employees and volunteers of Moisson Outaouais will be able to assemble **1 800 Christmas baskets** including our chef's famous "tourtière" (meat pie). This collective effort will be added to the monthly distribution of **105 000 KG of foodstuffs** made for the community.

Each \$1 we receive enables us to distribute \$8 worth of food.



\$30

FEEDS
13 HOMELESS
PEOPLE FOR
1 DAY



\$50

FEEDS
5 PREGANT
WOMEN FOR
1 WEEK



\$100

FEEDS
18 SINGLE-PARENT
FAMILIES FOR
1 DAY



\$250

FEEDS
148 SENIORS FOR
1 DAY



\$500

FEEDS
8 FAMILIES WITH
CHILDREN FOR
1 WEEK



Donation
of
your
choice

YOUR
CHOICE!

Donate now at [MOISSONOUTAOUAIS.COM/XMAS2021](https://www.moissonoutaouais.com/xmas2021) or by mail

Visa MasterCard Cheque \$ _____
 FULL NAME _____ PAYMENT METHOD _____ DONATION AMOUNT _____
 ADDRESS _____
 CITY _____ PROVINCE _____ POSTAL CODE _____
 CREDIT CARD NUMBER _____
 Month Year _____
 No Yes, email: _____
 PHONE NUMBER _____ EMAIL _____ EXPIRATION _____ CVC _____
 SIGNATURE _____
 SEND MY INCOME TAX RECEIPT BY EMAIL (DONATIONS OF \$20 OR MORE)

