

AquaFit Food Drive

Thanksgiving Day

Nov. • **23** • 2023

Aquabata & Core

9:00-10:00 AM @ RecPlex



Bring Family and Friends

No membership or daily fee required

Please bring 3 canned goods for class entry!

Donations will be brought to the Village of Mount Prospect food pantry



Most Needed Items:

- Canned Fruit/Fruit Cups
- Canned Beef Stew, Chicken & Dumplings, SPAM etc.
- Canned Meats/Tuna
- Canned Ravioli & Spaghetti
 - Cookies
 - Crackers
- Tomato Sauce & Spaghetti Sauce
 - Jam & Jelly
- Instant Mashed Potatoes
- Gluten Free Items
- Sugar Free Items

