

**Ark Aid Street Mission**  
**696 Dundas St. London N5W 2Z4**

# **You Can Help the Ark**

## **Things we need to provide nightly meals**

Sugar            Coffee creamer  
Spaghetti sauce    Cooking oil  
Green peppers            Celery  
Cheese            Broccoli  
Lettuce            Cauliflower  
Fruit – fresh & frozen  
Carrots            Turnips  
Long grain rice (Mr. Goodies) 8kg  
Tomato paste            Pasta sauce  
Coffee (regular, not instant),    Tea

### **Cases of:**

Hamburg    Cold meats  
Large tuna    Soups  
Canned vegetables

Beef    Chicken    Pork    Fish

Hand Sanitizer    SOS pads  
Garbage bags – large & regular  
Kleenex    Window cleaner    Dish soap

We can also use all sizes of new or good used clothes, coats, footwear, blankets, gloves, mittens, scarves

More info: 519-667-0322 or  
[arkprogram@golden.net](mailto:arkprogram@golden.net)

Drop your donation off at the back of the building  
9 AM – 5 PM  
or bring it when you come to serve