

Spread the Cheer!

This Christmas, Meadowood Family Chiropractic is partnering with the Christmas Cheer Board to brighten the season for a family in need.

We'll be collecting donations right here in the office - every contribution, big or small, makes a meaningful difference.

Together, we can make a family's holiday a little brighter. ❤️ ✨

Thank you for helping us spread kindness and cheer this Christmas!



MEADOWOOD
FAMILY
CHIROPRACTIC

Christmas

shopping list (for a family of 4-5)

Protein	4-5 portions
Canned Vegetables	3
Canned Fruit	3
Crushed or diced tomatoes	2
Canned or package soup	3-4 tins
Canned or dried beans	2 pkg
Peanut Butter	1 jar (large)
Nutella	1 jar (large)
Canned tuna	3 tins
Quick Oats	1 pkg
Pasta	2 pkg (small) or 1 pkg (large)
Rice	1 reg. bag
Pasta Sauce	2 jars
Macaroni and cheese	3 boxes
Boxed cereal	1 large box
Crackers	1 box
All purpose flour	1 4kg bag
Mashed or scalloped potatoes	2 boxes
Pancake mix	1 box
Sugar	1 x 4kg
Pancake syrup	1
Juice	2L
Fruit spread/jam	1 medium jar
Jelly powder	4 pkg
Cookies	2 pkg
Cake mix	2 pkg
Candy	2 pkg

* Please choose brands with reduced sodium *

Suggested additional items: milk, fruit, eggs, vegetables, cheese slices, chocolate

About the Family:

A single Mom of 4 kids:

Anthony, Male - 16 Years Old - likes to play soccer/sports

Audrey, Female - 15 Years Old - enjoys beading (making bracelets)

Ariella, Female - 10 Years Old - enjoys crocheting & drawing

Alvin, Male - 9 Years Old - likes LEGO

