



MARYANN MEADE & ASSOCIATES

“HELPING YOU ENJOY A HEALTHY LIFESTYLE”

2013

Dear Client,

Now more than ever, families and individuals are in need.

It is sad that every day there are children left hungry. While food banks are available, their supplies get low, all year long. Our Practice has been collecting canned & non-perishable food items, as well as toiletries, for the local food banks for the past five years.

If you are able to help, please bring in an item(s) to donate to a local food bank. Your thoughtfulness would be greatly appreciated.

Healthy Regards,

The Staff at Maryann Meade & Associates

P.S.

In Addition to food items, the food banks are always in need of:

Baby supplies-diapers, baby food, baby wipes, shampoo, etc.  
Toiletries- toothpaste, dental floss, mouthwash, q-tips, band-aids,  
soap, shampoo, shaving cream, razors, & deodorant, etc.