

Wishing everyone a safe Merry Christmas and Happy New Year!

It's Your Choice When it Comes to Fixing Your Vehicle!

- Same family owned and operated business servicing Georgetown for 47 years
- Unbeatable prices and excellent customer service
- Fast & Reliable Auto and Collision Service



**FLOYD'S
BODY SHOP**
(905) 873-8102

13115 22 SIDE RD. GEORGETOWN

www.floyds-body-shop.com
facebook.com/Floyd's Body Shop



OPINION

HOW TO MAKE THE MOST OUT OF YOUR DONATIONS

ULTIMATELY, DONATING MONEY DIRECTLY TO DISABLED PEOPLE IN NEED IS THE BEST OPTION, BECAUSE NO ONE KNOWS THE DETAILS OF THEIR SITUATION BETTER THAN THE PEOPLE THEMSELVES, WRITES ERIN CATON



ERIN CATON
Column

ERIN CATON
erin@erincaton.ca

It's the season of giving, food drives and donating to the community. Many people have been impacted by

the pandemic, and there are a lot of extra people in need. It's fantastic that people who can are stepping up to help bridge the wide gap between government social programs and the volume of required goods. Unfortunately, not all donations actually help the people who need them the most, because when we go to the grocery store we purchase donation items like we are shopping for ourselves.

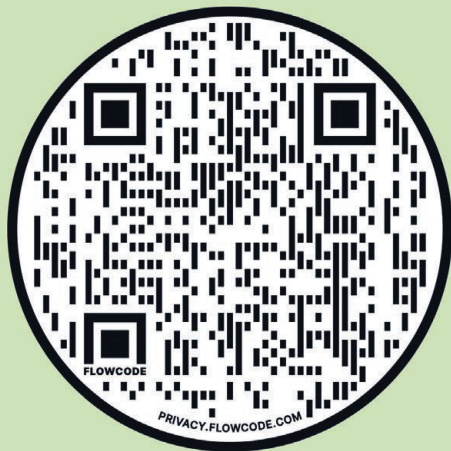
Approximately 50 per cent of people who rely on the food bank are disabled. Depending on the disability, a person might have a strict medical diet, or needs you might not know about. Please consider thinking about these people when you are putting items in your cart.

Dairy, gluten, soy, corn, nuts, eggs, fish and shellfish are very common allergies and intolerances. I have issues with all but fish/shellfish, and when I was younger and needed to supplement my groceries from the food bank, I couldn't eat 60 per cent of what I was given. Allergies and intolerances run in families and those with kids have greater needs.

Diabetic people cannot eat many foods that contain added sugars and those with gut issues need to have low glycemic and low FODMAP foods in order to digest them. Even natural no-sugar-added

See - page 33

Scan the code or visit
www.townsend-smith.ca



Follow us on social media!



Donate. Volunteer. Contact Us.

Together we will build a residential hospice in North Halton

