



JOIN **CENTENNIAL 7K SC** AND
7K CARES TO HELP SPREAD
 POSITIVITY IN THE COMMUNITY!

EVENT FOOD DRIVE

The Centennial 7k Skating Club and 7k International Skating Academy embarked on a worldwide humanitarian effort throughout 2017. We invite everyone to join us in our mission to complete 7,000 positive deeds. This project will make an impact worldwide to show compassion, encouragement and our dedication to the power of positivity. From purchasing a meal for the homeless to being environmentally conscious, help us display support and kindness one step at a time.

During the CSI Competition, we will be collecting food/supply items for the Tri-Lakes Cares Food Pantry. We would encourage each competitor to bring at least one item with them to the event to donate to our overall contribution. Your name will be added to the 7k website highlighting your positive deed to the project.

Listed below are the items currently needed within the community:

Pantry Needs	Senior Pantry Needs	Snack Packs
Canned fruits	Canned chicken	Fruit cups (single serve)
Canned vegetables	Spam	Applesauce (single serve)
Canned meats (tuna, spam, chicken)	Low-sodium soup	Cheese/crackers
Canned beans	Ensure/Boost	Peanut butter/crackers
Grains (oatmeal, cereal)	Prune juice	Pretzels
Pasta	Denture cleaner	Goldfish
Pancake Mix	Denture adhesive	100% Juice boxes
Flour	Sensitive toothpaste	Granola bars
Sugar		Fruit snacks
Spices		
Condiments		

Wish to contribute in a larger way? Please visit Skate7k.com>7k Cares to see all of our current projects and how you can make the biggest impact in your donation.

Thank you from 7k and Centennial 7k SC for your generosity!

1 Year. 7,000 Deeds.
 Contribute Your Passion.

