



# October 2022 GoF Family Project



## Fill the Cupboard for Veteran's Outreach

Veterans are a symbol of what makes our nation great. We must never forget what they have done to ensure our freedom. So let us all help them now by donating canned foods, such as soup, canned vegetables, rice.

**Remember to bring your filled bag back in November.**



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*"True patriotism springs from a belief in the dignity of the individual, freedom and equality not only for Americans but for all people on Earth..."*

Eleanor Roosevelt



### Questions for family conversation:

Why do you think it is important to give back to our veterans?  
What does being a veteran mean to you and your family?

