



How you can help fill our shelves

Use this checklist as a guide when choosing items to donate. These are some of our most needed staples, but we're grateful for support of any kind — every item makes a difference!

ITEMS

<input type="checkbox"/> Canned brown beans	<input type="checkbox"/> Canned pasta (Alphaghetti, etc.)
<input type="checkbox"/> Canned vegetables	<input type="checkbox"/> Canned fruit
<input type="checkbox"/> Canned soup	<input type="checkbox"/> Fruit cups / puddings
<input type="checkbox"/> Side Kicks	<input type="checkbox"/> Pasta Sauce
<input type="checkbox"/> Spaghetti / Macaroni dried noodles	<input type="checkbox"/> Cereal
<input type="checkbox"/> Ichiban noodles	<input type="checkbox"/> Juice Boxes
<input type="checkbox"/> Kraft Dinner	<input type="checkbox"/> Condiments
<input type="checkbox"/> Soda crackers	<input type="checkbox"/> Granola Bars
<input type="checkbox"/> Oatmeal (individual packages)	<input type="checkbox"/> Coffee / Tea
<input type="checkbox"/> Canned tuna, chicken, ham, salmon etc.	<input type="checkbox"/> Jam
<input type="checkbox"/> Cookies	<input type="checkbox"/> Peanut Butter

Thank you for supporting our program!

Due to Food Banks Canada Accreditation Standards, we are no longer able to separate /decant large items, i.e. large bags of flour/sugar/rice etc.
Smaller versions of these items would be appreciated.

THANK YOU!
