



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 (Alphagetti, 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!
