



## Food Bank Items Always Needed

### Canned:

- Soups (tomato, mushroom, vegetable)
- Vegetables (peas, green beans, corn, mixed)
- Tomatoes or tomato/pasta sauce
- Fruit (peaches or pears)
- Protein: tuna, chicken, or ham
- Beans with sauce (e.g. pork & beans)

### Dry Goods:

- Dried pasta (375, 500, 900 grams, or extra large size)
- Kraft dinner
- Rice
- Peanut butter 500 – 750 g sizes
- Jam 310-500 ml jars (strawberry or raspberry)
- Dry soup (chicken noodle)
- Cereal: hot (i.e. oatmeal in a pouch) & cold (e.g. Cheerios, etc.), Large sizes
- Meal in a can (ravioli, stew, chunky soup)
- Oatmeal cookies / granola bars
- Soda crackers, etc.
- Sugar, flour, salt

### Beverages:

- Juice (1 and 2 litres)
- Coffee (ground). No flavoured coffees please.
- Tea – herbal & regular

### Other:

- Feminine hygiene products (tampons & pads)
- Toilet paper
- Diapers (assorted sizes)
- Depens for women (medium-extra large)
- Soap, toothpaste, tooth brushes, razors, shampoo