



## Food Item Requirements

Canned or boxed soups (cream or broth)	Habitant Soups
Chunky Soups – any kind or flavour	Sidekicks and Ramen soup packets
Canned chili, spaghetti, ravioli	Canned beef stew
<b>Soda (Soup) Crackers</b>	<b>Kraft Dinner</b>
Canned Beans (kidney, chickpeas, lentils, etc)	<b>Canned Corn, Peas, Green Beans, Tomatoes, other vegetable</b>
Canned Ham, Corned Beef or Spam	Canned Tuna
Flakes of Ham, Chicken or Turkey	Canned salmon
Canned Potatoes / Instant Mashed Potatoes	<b>Rice</b>
Applesauce or Canned Fruit	<b>Cereal and Oatmeal – any kind</b>
Cranberry Sauce	Stuffing Mix
<b>Pasta</b>	<b>Tomato (Pasta) Sauce</b>
<b>Cookies – any kind</b>	<b>Snack Crackers – any kind or flavour</b>
Pudding cups – any flavour	Granola Bars / Cookies
<b>Bottled Juices – any flavour</b>	Shelf stable milk (e.g. condensed, powdered, rice, etc.)
<b>Peanut Butter</b>	<b>Jams – any flavour</b>
<b>Coffee (instant, regular or decaf) / Tea (any kind)</b>	<b>Paper Towels/Toilet Paper /Kleenex</b>
Condiments - salad dressings, mayonnaise, sauces (e.g. HP Sauce, soya sauce, Worcestershire sauce etc.), dried spices, salt & pepper	Household items e.g. dish soap, laundry detergent, cleaning products
Soap (hand and body – bar or liquid) toothpaste, toothbrushes, razors, hand and body lotion, mouthwash, feminine products, diapers	