



St. Thomas Elgin
Food Bank the caring
cupboard

FOOD BANK BASIC NEEDS LIST: (as of October/17)

- Pasta sauce & Spaghetti
- Ketchup or any condiment or Salad Dressing or Mayo
- Rice (white, brown or flavored)
- Cereal and Oatmeal Packages
- Sugar (white, brown or sweetener)
- Saltine Cracker sleeves or boxed Crackers or Cookies
- Sidekick packages or Mr. Noodles
- Full-size canned or cartons of juice
- Pudding or fruit cups or juice boxes (used for school snack bags for children)
- Jam or any sandwich spread (have lots peanut butter in stock)
- Canned stew/chili/brown beans/Ravioli, etc (nearly none on our shelves)
- Canned corn/peas/green beans/cream corn (no corn on our shelves)
- Canned mushrooms/cream of mushroom & chicken noodle soup/dry soups
- Diabetic, Low Salt and Gluten-Free food products
- Salt & Pepper (or cinnamon, nutmeg, minced onion, garlic flakes for recipes)
- Powdered milk or coffee whitener
- Instant or Ground Coffee or Tea or Hot Chocolate
- Pudding or Jell-O mixes/Bake Mixes/Flour

- Toilet Paper

- All Hygiene and Cleaning Products such as:

Laundry Soap / Dish Soap / Feminine products / Shampoo & Conditioner / Bar Soap/Adult Toothbrushes & Toothpaste / Disposable Razors...

- Baby Formula, Wipes & Diapers (larger sizes and all sizes of pull-ups)

- Fresh Fruit and Vegetables always appreciated!

Cash, Cheque and grocery gift cards are always welcome and truly appreciated!

We welcome all donations of food – this list consists of a few items that we are always short on. Please email or call me if any further questions. Thank you for caring and sharing!

Sincerely,

Karen

*Karen M. McDade
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