



St. Thomas Elgin
Food Bank the caring
cupboard

FOOD BANK BASIC NEEDS LIST:

- Dry pasta & Pasta sauce
- Ketchup (or any condiment or salad dressing)
- Rice (white or brown)
- Kraft dinner or Sidekick packages
- Canned corn/peas/green beans/mixed/creamed corn, etc
- Canned soups - chicken noodle/cream of mushroom/vegetable
- Canned tomatoes/tomato paste/tomato sauce/mushrooms
- Canned fruit/pudding mix/Jell-O mix/cake mix
- Canned tuna/salmon/chicken/turkey/ham
- Canned or cartons of juice
- Canned stew/chili/brown beans/pastas - such as Ravioli, alpha-getti, etc
- Juice boxes/granola bars or snacks/pudding or fruit cups (school snack bags for children)
- Peanut butter & jam (or any sandwich spread)
- Boxed cereals/oatmeal packages/Pancake mix
- Sugar and sweetener
- Salt & Pepper
- Powdered milk or coffee whitener
- Instant or Ground Coffee or Tea or Hot Chocolate
- Soda Crackers and Cookies
- Toilet paper/paper towels/Kleenex
- Feminine products
- Hygiene products (shampoo/bar soap/toothbrush/razors, etc)
- Laundry & Dish soap
- Baby Formula
- Baby Diapers (larger sizes and pull-ups) & Baby wipes

Cash, Cheque and grocery gift cards are always welcome!

A lot of these items I need to purchase on a regular basis along with the perishable produce such as meat/milk/eggs/cheese/bread, fresh fruit and vegetables.