

# FULL WISH LIST

## Hygiene products

Shampoo, conditioners, toothpaste, soap, floss, deodorant, baby powder or oil, diapers, baby wipes, Q-tips, Vaseline and toilet paper.

## Canned goods

- Tomato paste, tomato sauce, diced tomatoes
- Canned vegetables ( i.e. corn, green peas)
- Coffee, tea, juice
- Canned soups
- Canned tuna or salmon in water
- Canned meats
- Canned fruit (in natural juice)
- Beans
- Coconut milk
- Evaporated milk
- Condensed milk
- Maple syrup

**Healthy alternatives** in canned goods: Low-sodium, low-fat, non-sweetened variety of the above mentioned are also very much appreciated.



## Other non-perishable food

- Pasta of all shapes and sizes
- Apple sauce
- Juice boxes
- Peanut butter
- Soya sauce
- Canola, sunflower or olive oil
- Mustard, ketchup, mayonnaise (other condiments)
- Salad dressings
- Cooking spray (i.e. Pam)
- Steel-cut oats
- Granulated sugar, brown sugar
- Instant oatmeal
- Cereal (i.e. Raisin Bran, Cheerios, or Mini Wheat)
- Chicken soup broth in tetra (box) or packets
- Flour
- White, brown or wild rice
- Quinoa
- Dried fruit ( i.e. apricots, cranberries, apples)
- Baking powder, baking soda
- Shortening
- Cake, muffin, cookie or pancake mix
- Granola bars
- Crackers
- Animal crackers
- Jello, puddings, cookies
- Baby food

**Healthy alternatives** in non-perishable food: Whole wheat pasta, high fiber cereal or granola bars, low-sodium soup, crackers, chicken broth or soy sauce, no sugar added juice, reduced fat peanut butter, cooking spray or salad dressing, whole wheat flour.

No homemade, used or opened items  
or foods with expired best-before dates, please.

THANK YOU!