

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!