



Donation Requests

- Small and large jars natural peanut butter or soy butter
- Fresh vegetables – carrots, potatoes, onions, lettuce, spinach, broccoli, tomatoes
- Fresh fruit – apples, oranges, pears, grapefruit
- Cans of “no salt added” tomatoes
- Low sodium pasta sauce
- Cans of kidney beans, black beans and chick peas
- Cans of low sodium soup
- Rice
- Pasta, elbow and spaghetti preferred
- Quinoa
- High fibre breakfast cereal
- Rolled oats and plain instant oatmeal
- Powdered milk, Soy and Rice Milk
- Canned salmon, tuna
- Tofu
- Tea
- Toilet paper
- Personal hygiene products- shampoo, soap, razors, feminine hygiene products, deoderant
- Laundry detergent (not liquid)-Tide pods are ideal as they portion well.
- Dish soap
- Can openers
- Cooking oil
- Salad dressing