



Food Item Requirements

Canned or boxed soups (cream or broth)	Habitant Soups
Chunky Soups – any kind or flavour	Sidekicks and Ramen soup packets
Canned chili, spaghetti, ravioli	Canned beef stew
Soda (Soup) Crackers	Kraft Dinner
Canned Beans (kidney, chickpeas, lentils, etc)	Canned Corn, Peas, Green Beans, Tomatoes, other vegetable
Canned Ham, Corned Beef or Spam	Canned Tuna
Flakes of Ham, Chicken or Turkey	Canned salmon
Canned Potatoes / Instant Mashed Potatoes	Rice
Applesauce or Canned Fruit	Cereal and Oatmeal – any kind
Cranberry Sauce	Stuffing Mix
Pasta	Tomato (Pasta) Sauce
Cookies – any kind	Snack Crackers – any kind or flavour
Pudding cups – any flavour	Granola Bars / Cookies
Bottled Juices – any flavour	Shelf stable milk (e.g. condensed, powdered, rice, etc.)
Peanut Butter	Jams – any flavour
Coffee (instant, regular or decaf) / Tea (any kind)	Paper Towels / Toilet Paper
Condiments - salad dressings, mayonnaise, sauces (e.g. HP Sauce, soya sauce, Worcestershire sauce etc.), dried spices, salt & pepper	Household items e.g. dish soap, laundry detergent, cleaning products
Soap (hand and body – bar or liquid) toothpaste, toothbrushes, razors, hand and body lotion, mouthwash, feminine products, diapers	