


Food Description	Quantity	Please check if you have filled the donation requirement 
Juice (100% fruit juice), 1L	3	
Cans of Soup* (lentil, pea, vegetable)	4	I
Cans of Vegetables* (including tomatoes)	3	
Jelly Powder i.e. Jell-O	3	
Cans of Fruit (packed in own juice)	4	
Macaroni & Cheese	4	II
Pasta-whole-grain i.e. spaghetti, rotini etc.	2	
Spaghetti sauce*	1	
Rice (brown, converted or parboiled)	2	
Oatmeal (non-sweetened)	2	
Canned tuna (packed in water)	3	I
Peanut Butter	2	
Pancake mix	1	
Syrup	1	
Stuffing	1	
Jam	1	
Cookies	2	
Cake Mix	3	
Gravy Mix	2	✓
Cranberry sauce (can)	1	
Sugar	2-4 kg	
Tea	1	
Turkey	8-10 lbs	✓
Scalloped Potatoes	2	
*choose brands with less salt/sodium		
Suggested Additions:		
Coffee	1 can	
Cereal	1 box	✓
Chocolate/Candy	1 pkg	✓
Potatoes	2 lbs	
Other items?		
Crackers		✓
Barbeque Sauce		✓
Gifts:		
6 yr old boy - Colouring book? Crayons? Mini soccer or basketball?		
17 month old baby girl - Clothes? Pajamas? Baby doll?		
Baby food - (for another child on the way)		✓

