

Food Bank Donation Shopping List

The following items are needed to keep the Tropicana Daily Food Bank shelves stocked for those in need.

Grocery Items

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| <input type="checkbox"/> Tuna (canned) | <input type="checkbox"/> Granola Bars |
| <input type="checkbox"/> Chicken (canned) | <input type="checkbox"/> Flour: All-purpose or whole wheat flour for baking. |
| <input type="checkbox"/> Beans: Including varieties like black beans, kidney beans, and lentils for protein and fibre. | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Canned Vegetables: Such as corn, green beans, peas, and tomatoes, for essential vitamins and minerals. | <input type="checkbox"/> Salt and Pepper |
| <input type="checkbox"/> Canned Fruits: Pineapples, peaches, and mixed fruit in natural juice or light syrup are good sources of vitamin C and other nutrients. | <input type="checkbox"/> Spices: Including staples like garlic powder, onion powder, and chili powder for flavour enhancement. |
| <input type="checkbox"/> Oatmeal: A hearty breakfast option, high in fibre and whole grains. | <input type="checkbox"/> Cooking Oil: Such as vegetable or olive oil, for cooking. |
| <input type="checkbox"/> Cereal: Including whole grain varieties. | <input type="checkbox"/> Dried Fruit: Raisins, apricots, and cranberries. |
| <input type="checkbox"/> Peanut Butter | <input type="checkbox"/> Nuts: Such as almonds, walnuts, or mixed nuts. |
| <input type="checkbox"/> Jam | <input type="checkbox"/> Powdered Milk: Useful for cooking and baking. |
| <input type="checkbox"/> Canned Soups and Broths | <input type="checkbox"/> Tea and Coffee |
| <input type="checkbox"/> Whole Grain Crackers | <input type="checkbox"/> Butter |
| | <input type="checkbox"/> Cheese |

Personal Hygiene Items

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| <input type="checkbox"/> Soap: Bar soap or liquid hand soap for handwashing. | <input type="checkbox"/> Feminine Hygiene Products: Including pads and tampons. |
| <input type="checkbox"/> Shampoo: Basic hair care product for cleanliness and hygiene. | <input type="checkbox"/> Shaving Cream: For personal grooming. |
| <input type="checkbox"/> Toothpaste: For dental hygiene. | <input type="checkbox"/> Razors: Disposable or reusable razors for shaving. |
| <input type="checkbox"/> Toothbrushes: Disposable or reusable toothbrushes. | <input type="checkbox"/> Body Lotion: Moisturizing lotion for skin care. |
| <input type="checkbox"/> Deodorant: Roll on, stick, or spray deodorant for personal hygiene. | |