



## NRPS Spring Forward Food Drive – Most Wanted Food Shopping List

### Beamsville – Community Care of West

- Toilet Paper
  - Canned Soup - Vegetable & Chicken Noodle
  - Granola Bars
  - Instant Noodles
  - Canned Meat - Chicken, Ham, or Turkey
  - Feminine Products – Pads & Tampons
  - Pasta Sauce
  - Fruit Juice & Juice Boxes
  - Cake & Muffin Mix
  - Condiments – Relish, Mayo, Relish, BBQ Sauce
  - Kleenex, Paper Towel, Wipes
  - Cooking Oils – Olive & Vegetable
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### Fort Erie – The Salvation Army

*Non-perishable items such as canned or boxed goods are best.*

- Canned Fruit
  - Canned Meats - other than Tuna
  - Peanut Butter
  - Canned Pasta
  - Crackers
  - School Snack Items (i.e., granola bars, pudding cups, fruit cups, etc.)
  - Pasta Sauce
  - Cookies
  - Baby Food
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### Grimsby – GBF Community Services

- Pasta sauce
  - Jam
  - Pancake Mix & Syrup
  - Canned Fruit & Vegetables
  - Canned Meat & Fish
  - Canned Soup / Stews / Chili - Large
  - Large Juice / Juice Boxes
  - Pudding Cups, Fruit Cups
  - Sugar
  - Pork and Beans
  - Cold Cereal, Hot Cereal
  - Granola Bars
  - Coffee / Tea
  - Coffee, Tea
  - Diapers
  - Baby Wipes
  - Baby Formula
  - Caned Pasta
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### **St. Catharines – Community Care of St. Catharines & Thorold**

- Cereal – Hot & Cold
  - Canned Fruit
  - Juice
  - Peanut Butter
  - Hearty Soups & Stews
  - Granola Bars
  - Rice
  - Canned Meat & Fish
  - Canned Tomatoes
  - Canned Fruit & Vegetables
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### **Niagara Falls – Project Share**

- Canned Fruits & Vegetables (canned, fresh or frozen)
  - Peanut Butter
  - Canned Beans
  - Lentils
  - Baby food, Including Rice Cereal (pablum)
  - Boost/Ensure
  - Diapers (especially size 6) and Pull-ups
  - Canned Soup and Pasta Sauce
  - Protein Items (e.g., meat, fish, eggs, beans, cheese)
  - Canned Tuna
  - Rice
  - Macaroni and Cheese pasta
  - Infant Formula
  - Feminine Hygiene Products (pads and tampons)
  - Toiletry Items (shampoo, conditioner, soap, deodorant, toothbrushes, and toothpaste)
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### **Pelham – Pelham Cares**

- Canned Meats / Fish
  - Canned Fruits & Veggies
  - Hair Conditioner
  - Mayo / Miracle Whip
  - Jams
  - Cleaning Supplies
  - Juice Boxes
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### **Port Colborne – Port Cares**

- Pasta Sauce
- Beans (Baked or otherwise)
- Peanut butter
- Canned Vegetables
- Canned Fruit
- Canned Diced Tomatoes
- Chicken Noodle Soup (dry or canned)
- Crackers

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### **Welland – The Hope Centre**

- Tuna/Canned Meat
- Rice
- Crackers
- Soup Broth
- Dry Soup Packages
- Pasta Sauce
- Juice
- Canned Corn/Veggies
- Fruit Cups/Canned Fruit
- Boost/Ensure
- Gluten Free / Sugar Free Snacks
- Vegan Foods
- Quinoa/Couscous
- Oat, Almond, or Soy Milk
- Toothbrushes
- Toothpaste
- Laundry Soap
- Razors
- Deodorant
- Toilet Paper
- Adult Diapers
- Baby Wipes
- Baby Diapers (size 5/6)
- Toddler Pull-Ups

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### **West Lincoln – West Lincoln Community Care**

- Canned Meat (chicken, ham, turkey)
- Canned Soup or Stew
- Peanut Butter & Jam
- Canned Vegetables & Fruit
- Pasta & Rice Side Dishes
- Mustard, Relish, Mayonnaise, Ketchup
- Cookies, Crackers
- Children's School Snacks (juice box, pudding cups, granola bars)
- Potato Side Dishes/Canned Potatoes
- Canned Tomatoes
- Pasta Sauce
- Flour/Sugar, Baking Essentials
- Coffee & Tea
- Canned Fish (tuna, salmon)
- Cereal & Oatmeal

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### **Niagara on the Lake – Newark Neighbours**

- Peanut Butter
- Coffee – Ground or Instant
- Crackers
- Tomato Sauce
- Cereal
- Canned or Bottled Juices
- Canned Tomatoes