



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
 - Canned 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 and vegetables
 - Peanut butter
 - Canned Beans
 - Lentils
 - Baby food, Including Rice Cereal (pablum)
 - Boost/Ensure
 - Diapers (especially size 6) and Pull-ups
 - Canned Soup
 - 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

- Peanut Butter
 - Canned Fruit
 - Canned Vegetables
 - Pasta & Rice Side Dishes
 - Mustard, Relish, Mayonnaise
 - Cookies, Crackers
 - Children's School Snacks (juice box, pudding cups, granola bars)
 - Potato Side Dishes/Canned Potatoes
 - Canned Tomatoes
 - Pasta Sauce
 - Flour/Sugar
 - Personal Hygiene Products
 - Household Cleaning Products
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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