



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

### Beamsville – Community Care of West Niagara

- Canned Pasta Sauce (not pasta)
- Cleaning Supplies
- Coffee (instant & ground)
- Condiments (no mustard pls.)
- Cooking Oils (canola, olive, sunflower etc.)
- Feminine Hygiene (tampons)
- Fruit Juice, Juice Boxes
- Hot Chocolate
- Kids Snacks (cookies, pudding, granola bars etc.)
- Laundry Soap
- Pancake Mix, Syrup & Honey
- Shampoo, Conditioner, Body Wash (no bar soap pls.)
- Small bags of Flour
- Small bags of Sugar
- Tea (Orange Pekoe)
- Toilet Paper/Paper Towel

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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
- Cereal
- Rice
- Dry or Canned Beans (in sauce or plain)
- Jello Powder
- Instant Oatmeal
- Coffee, Tea, Hot Chocolate
- Rice or Pasta Side Dishes (eg Sidekicks)
- Soda Crackers
- Canned Stews
- Canned Pasta
- Canned Soups - other than Tomato, Vegetable or Chicken Noodle
- Granola Bars
- Juice & Juice Boxes
- Fruit & Pudding Cups
- Cookies
- Cake Mixes and Icing
- Sugar
- Flour

### **Grimsby – GBF Community Services**

- Tuna, Salmon
  - Juice
  - Crackers
  - Rice / Sidekicks
  - Canned Fruit
  - Cookies
  - Ravioli
  - Pudding Cups, Fruit Cups
  - Rice
  - Cold Cereal, Hot Cereal
  - Granola Bars
  - Condiments, Salad Dressing, Mayo, Oil
  - Coffee, Tea
  - Toilet Paper , Kleenex
  - Toiletries, Shampoo, Deodorant, Soap, Body Wash
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### **St. Catharines – Community Care of St. Catharines & Thorold**

- Baked Beans
  - Canned Fruit & Vegetables
  - Spaghetti Sauce
  - Soups & Stews
  - Peanut Butter
  - Juice
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### **Niagara Falls – Project Share**

- Fruits and Vegetables - canned
  - Peanut Butter
  - Baby Food - including rice cereal (pablum)
  - Baby Formula
  - Protein Items - such as canned meat, canned fish, canned or dry beans
  - Boost/Ensure
  - Feminine Hygiene Products
  - Diapers (especially size 6) and pull-ups
  - Toiletry Items - shampoo, soap, deodorant, toothbrushes and toothpaste
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### **Pelham – Pelham Cares**

- School Snacks (Granola, Pudding/Fruit cups)
- Canned Fruits & Veggies
- Stew/Chili
- Baking Items (Flour, Sugar, etc.)
- Jams
- Coffee/Tea
- Juice Boxes
- Meal Supplement Drinks (Boost)

### **Port Colborne – Port Cares**

- Juice Boxes
  - Peanut-Free Granola & Other School Lunch Snacks
  - Protein/Power Bars
  - Ensure/Boost/Meal Replacement Drinks
  - Pull-tab Canned Proteins (ham, fish, corned beef, etc.)
  - Hygiene Products – body wash, shampoo, deodorant
  - Canned Meat/Fish
  - Canned Vegetables
  - Canned Fruit
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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 (sz 5/6)
  - Toddler Pull-Ups
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### **West Lincoln – West Lincoln Community Care**

- Canned Meat (chicken, ham, turkey)
- Canned Fish (tuna, salmon)
- Canned Soup or Stew
- Peanut Butter & Jam
- Canned Fruit & Vegetables
- Pasta & Rice Side Dishes
- Cereal/Oatmeal
- Condiments
- Cookies, Crackers
- Children's School Snacks
- Potato Side Dishes/Canned Potatoes
- Canned Tomatoes & Pasta Sauce
- Flour/Sugar/Baking Essentials
- Personal Hygiene & Household Cleaning Products