



NRPS Spring Forward Food Drive – Most Wanted Food Shopping List

Beamsville – Community Care of West

- Toilet Paper
 - Laundry Soap
 - Dish Soap
 - Salad Dressings (Caesar, Italian & Ranch)
 - Flakes of Chicken, Ham, or Turkey
 - Condiments (Ketchup, Mayo, Relish, Salsa)
 - Cooking Oils
 - Flour (small to med size bags)
 - Tea (Orange Pekoe)
 - Coffee (Instant & Ground)
 - Broth (Beef, Chicken & Vegetable)
 - Tomato Sauce & Paste (NOT pasta sauce)
 - Pudding Cups
 - Fruit Cups
 - Canned Potatoes
 - Canned Mushrooms
 - Shampoo & Conditioner
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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