



FOOD

Our food bank or our Evergreen baby food bank feeds over 3,500 people/babies on a regular basis and it is a constant challenge to keep our shelves stocked.

Our greatest needs are:

Non Perishable food

- Dried chickpeas, bean & lentils
- Peanut butter
- Pasta
- Tomato sauce
- Kraft Dinner/pre-packaged cheese pasta
- Rice
- Breakfast cereal
- Gluten free pasta & cereal
- Cooking oil – canola, olive & other vegetable oils
- Canned tuna and salmon
- Tea & coffee
- Powdered milk
- Jars of jam and honey
- Energy bars & Ensure/meal replacement drinks
- Baby cereal & jarred food
- Baby formula – liquid or powdered

Other

- Toiletry items such as shampoo, conditioner, body wash, soap, deodorant, toothbrushes and toothpaste.

You can also become a Friend of the Food Bank by providing grocery store gift cards so we can ensure we keep our shelves stocked all year round.

YSM issues tax receipts for financial gifts, and items valued at \$200+. Proof of an item's value, such as a sales receipt, must be provided. Gift cards are receipted at face value.

Please help reduce YSM's transportation costs by bringing us your donation. This allows us to place more resources directly into services and programs that directly impact our community members. In the event that pick-up is necessary, we will be in touch to arrange a convenient time. During busy periods, it may take up to 6 business days to arrange for pickup.

ESSENTIALS

Hygiene kits (travel size in resealable plastic bags)

- Toothpaste
- Toothbrush
- Deodorant/antiperspirant
- Soap bars
- Shampoo & conditioner
- Disposable razors & shaving cream
- Hand sanitizer
- Lotion
- Feminine hygiene products (sanitary napkins, tampons, maxi pads)

Winter survival kit

- Cold weather boots and running shoes
- Jackets
- Underwear
- Socks
- Winter gloves and hats
- Jeans & sweatpants
- Sweatshirts & hoodies
- T-shirts
- Backpacks/canvas bags
- Sleeping bags
- TTC tokens/tickets
- Gift cards: coffee shops and fast food chains

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