

Summerland  
FOOD BANK  
& Resource Centre

**Food Donations Wish List - 2023**

**Non-Perishable Food Items**

- Canned Vegetables
  - Cereal
- Campbell's Canned Soups and Chunky Soups
  - Pasta and Canned Pasta Sauce
    - Canned Tomatoes
      - Pork and Beans
- Beans (Kidney, Black, Chickpea, Mixed Medley)
  - Mayonnaise
- Chef Boyardee Canned Pastas
  - Canned Meat
    - Tuna
- Peanut Butter (medium size)
  - Salad Dressing
    - Salsa
- Pancake Mix and Syrup
  - Jam
  - Crackers
  - Pickles
- Sidekicks, Instant Rice, or Noodle Mixes
  - Juices (one litre TetraPaks)

**Non-Food Items**

- Men's Toiletries (razors, shave cream, shampoo)
  - Feminine Hygiene Products
  - Infant Diapers - Sizes 4, 5, 6