

NFN FOOD BANK - DEADLINE IS TUESDAY AT 4:30 PM

Email: foodbank@nfn.ca

Phone: 705-753-6972 and leave message

Full Name:	
Home Address:	
Phone Number:	Band Number:
Source of Income	Number of people in household: _____
<input type="checkbox"/> Ontario Works (OW)	<input type="checkbox"/> Adults <input type="checkbox"/> Children <input type="checkbox"/> Infant & Age _____
<input type="checkbox"/> Ontario Disability Support Payments (ODSP)	Full names of people in the home: _____
<input type="checkbox"/> Old Age Security (OAS)	_____
<input type="checkbox"/> Low Income (LI) Please Specify: _____	_____
<input type="checkbox"/> Delivery (Elder, disability or no vehicle) <input type="checkbox"/> Pick up	_____

☐ Milk Coupon

Personal Care

☐ Bar soap

Feminine Products

Choose 1

- ☐ Tampons
- ☐ Feminine pads

Cleaning

- ☐ Dish soap
- ☐ Laundry soap
- ☐ All-purpose spray

Beverages

Coffee

Choose 1

- ☐ Brew coffee
- ☐ Instant coffee
- ☐ Tea
- ☐ Splenda
- ☐ Coffee whitener
- ☐ Carnation Can Mil
- ☐ Apple juice

Sauces & Condiments

- ☐ Mustard
- ☐ Ketchup
- ☐ Soya sauce
- ☐ Peanut butter
- ☐ Regular jam
- ☐ No Sugar jam
- ☐ Pancake syrup

Misc. Goods

Choose 1

- ☐ Fruit Cocktail
- ☐ Sliced peaches
- ☐ Vegetable soup
- ☐ Chick noodle soup
- ☐ Mushroom Soup
- ☐ Tomato Soup
- ☐ Kernel corn
- ☐ Peas
- ☐ Diced tomatoes
- ☐ Pasta sauce
- ☐ Beef Stew
- ☐ Can Potato
- ☐ Baked Beans
- ☐ White sugar
- ☐ Table salt
- ☐ Black pepper
- ☐ Baking powder

- ☐ Hamburger Helper
- ☐ Kraft Dinner
- ☐ Lipton Chicken Noodle Soup
- ☐ Flour

Rice

Choose 1

- ☐ Instant rice
- ☐ Long grain rice

Pasta

Choose 1

- ☐ Elbows
- ☐ Spaghetti

Soup Broth

Choose 1

- ☐ Chicken broth
- ☐ Beef broth

Crackers & Snacks

- ☐ Soda crackers
- ☐ Triscuits
- ☐ Digestive cookies
- ☐ Granola bars

Bread

Choose 1

- ☐ White
- ☐ Brown

Breakfast

Choose 1

- ☐ Fruit Loops
- ☐ Shredded Wheat
- ☐ Shreddies
- ☐ Honey Nut O's
- ☐ All Bran
- ☐ Oatmeal
- ☐ Pancake mix

Baby/Child

- ☐ Baby food
- ☐ Rice cereal
- ☐ Juice Box
- ☐ Applesauce
- ☐ Choc Pudding cup
- ☐ Rice Crispy Squares

- ☐ Diapers
- Size _____

Pull-Ups

- ☐ 2T-3T
- ☐ 3T-4T
- ☐ 4T-5T

Paper Products

- ☐ Toilet tissue

Refrigerated

- ☐ Eggs
- ☐ Cheese slices
- ☐ Margarine

Frozen Meat

- ☐ Ground beef

Sandwich Meat

- ☐ Bologna

**Temp/Limited
ONLY AVAILABLE
UNTIL STOCK IS
DEPLETED**

- ☐ Toothpaste
- ☐ 2 in 1 Shampoo
- ☐ Knorr Sidekick
- ☐ White Onion
- ☐ Ranch
- ☐ BBQ Sauce
- ☐ Mayonnaise
- ☐ Relish
- ☐ Lemon Juice
- ☐ Vinegar
- ☐ White Wine Vinegar

**Temp/Limited
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- ☐ Olive oil
- ☐ Chocolate chips
- ☐ Brown sugar
- ☐ Baking soda
- ☐ Yeast
- ☐ Tang
- ☐ Can mushrooms
- ☐ Tomato paste
- ☐ Canned tuna
- ☐ Microwave popcorn
- ☐ Facial tissue
- ☐ Chicken breast
- ☐ Butter
- ☐ Tortilla Shells
- ☐ Canned Pineapple Tidbits
- ☐ Crystal Light Drink Mx
- ☐ Rice a Roni
- ☐ Healthy Harvest Macaroni
- ☐ Taco Seasoning
- ☐ White Corn & Black Bean Mild Salsa
- ☐ Vanilla Frosting
- ☐ Cake Mix