



# FOOD BANK ORDER - 1<sup>ST</sup> & 3<sup>RD</sup> WEDNESDAY OF EACH MONTH

**\*\*DEADLINE IS TUESDAY AT 4:00PM PRIOR TO EACH ACCESS DAY – NO EXCEPTIONS\*\***

Email: [foodbank@nfn.ca](mailto:foodbank@nfn.ca) or [jackief@nfn.ca](mailto:jackief@nfn.ca)

Phone: 705-753-6972 Address: 19 Philip Ave., Garden Village

Name:		Band Number:		
Address:		Food Bank Client:		
Phone:				
<b>Source of Income</b> Ontario Works: Ontario Disability Support Program: Old Age Security: Low Income Specify: <b>Pick Up</b> before 11am for those with a vehicle <b>Delivery</b> available only for those without a vehicle		Number of people in household: _____ Names and age: _____ _____ _____ _____		
<b>Milk Coupon</b> <b>Good Food Box:</b> Fruit Mixed  <b>Personal Care</b> Bar soap Tampons Feminine pads Shampoo  <b>Cleaning 1 per month</b> Dish soap Laundry soap All purpose spray Garbage bags  <b>Beverages</b> Brew coffee Instant coffee Tea Apple juice Crystal light Tang  <b>Breakfast</b> Cereal Oatmeal Pancake mix	<b>Sauces &amp; Condiments</b> Peanut butter Jam No sugar jam Syrup Light Syrup Mustard Relish Ketchup Mayonnaise  <b>Canned Goods</b> Vegetable soup Tomato soup Mushroom soup Chicken Noodle soup Kernal corn Cream corn Peas Can potato Can beans Diced tomatoes Pasta sauce Stew Luncheon meat Fruit cocktail Can peaches Tuna	<b>Dry Goods</b> Chicken Noodle soup Hamburger helper Kraft dinner Ramen noodles Mashed potatoes Scalloped potatoes Sidekicks  <b>Baking</b> Flour Sugar Splenda  <b>Pasta&amp; Rice</b> Long grain rice Spaghetti Elbows  <b>Soup Broth Choose 1</b> Chicken Beef  <b>Crackers &amp; Cookies</b> Soda crackers Digestive cookies Ritz crackers  <b>Produce</b> Potatoes Onions Carrots	<b>Bread</b> White Brown  <b>Refrigerated</b> Eggs Cheese slices Margarine Bologna Weiners  <b>Frozen Meat</b> Ground beef Chicken breast  <b>Baby/Child Only</b> Rice cereal Juice box Applesauce cups Pudding cups Rice crispy squares Granola bars Animal crackers Diapers size: Pullups size: Wipes	<b>Paper Products</b> Kleenex Toilet tissue  <b>Temp/Limited</b> Vinegar Baking soda Baking powder Salt Pepper Can mushrooms Tomato paste Chick peas Kidney beans Baby formula