



## 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 ages: <hr/> <hr/> <hr/> <hr/>

<p><b>Milk Coupon</b> <b>Good Food Box:</b> Fruit Mixed</p> <p><b>Personal Care</b> Bar soap Tampons Feminine pads Toothbrush</p> <p><b>Cleaning 1 per month</b> Dish soap Lysol spray Garbage bags</p> <p><b>Beverages</b> Brewed coffee Instant coffee Tea Coffee Whitener Apple juice Tang Canned milk</p> <p><b>Breakfast</b> <b>Choose 1</b> Cereal Oatmeal Pancake mix</p>	<p><b>Sauces &amp; Condiments</b> <b>1 per month</b> Peanut butter Jam No sugar jam Syrup Light Syrup</p> <p><b>Canned Goods</b> Vegetable soup Tomato soup Mushroom soup Chicken Noodle soup Kernel corn Creamed corn Peas Canned potatoes Canned beans Diced tomatoes Pasta sauce Flakes of Turkey Fruit cocktail Peaches Apple sauce</p>	<p><b>Dry Goods</b> Chicken Noodle soup Hamburger helper Kraft dinner Ramen noodles</p> <p><b>Baking</b> Sugar Splenda</p> <p><b>Pasta&amp;Rice</b> <b>Choose 1</b> Long grain rice Spaghetti Elbows</p> <p><b>Crackers &amp; Cookies</b> Soda crackers Cookies Snack crackers</p>	<p><b>Bread</b> White Brown</p> <p><b>Refrigerated</b> Eggs Cheese Margarine Bologna</p> <p><b>Frozen Meat</b> Ground beef</p> <p><b>Baby/Child Only</b> Juice box Applesauce cups Granola bars Animal crackers</p> <p>Diapers size: Pullups size: Wipes</p>	<p><b>Paper Products</b> Toilet paper</p> <p><b>Temp/Limited</b> Salt Mushrooms Mashed potatoes Scalloped potatoes Sidekicks Ketchup Crystal light Canned stew</p>
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