



FOOD BANK ORDER - 1ST & 3RD WEDNESDAY OF EACH MONTH

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

Email: foodbank@nfn.ca or jackief@nfn.ca

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

Name:	Band Number:
Address:	Food Bank Client:
Phone:	
Source of Income Ontario Works: Ontario Disability Support Program: Old Age Security: Low Income Specify: Pick Up before 11am for those with a vehicle Delivery available only for those without a vehicle	Number of people in household: Names and ages: <hr/> <hr/> <hr/> <hr/>

<p>Milk Coupon Good Food Box: Fruit Mixed</p> <p>Personal Care Bar soap Tampons Feminine pads</p> <p>Cleaning 1 per month Dish soap Laundry soap All purpose spray Garbage bags</p> <p>Beverages Brewed coffee Instant coffee Tea Coffee Whitener Apple juice Tang Canned milk</p> <p>Breakfast Choose 1 Cereal Oatmeal Pancake mix</p>	<p>Sauces & Condiments 1 per month Peanut butter Jam No sugar jam Syrup Light Syrup</p> <p>Canned Goods Vegetable soup Tomato soup Mushroom soup Chicken Noodle soup Kernel corn Creamed corn Peas Canned potatoes Canned beans Diced tomatoes Pasta sauce Fruit cocktail Canned peaches</p>	<p>Dry Goods Chicken Noodle soup Hamburger helper Kraft dinner Ramen noodles</p> <p>Baking Sugar Splenda</p> <p>Pasta & Rice Choose 1 Long grain rice Spaghetti Elbows</p> <p>Crackers & Cookies Soda crackers Cookies Ritz crackers</p>	<p>Bread White Brown</p> <p>Refrigerated Eggs Cheese slices Margarine Bologna</p> <p>Frozen Meat Ground beef</p> <p>Baby/Child Only Rice cereal Juice boxes Granola bars Pudding cups</p> <p>Diapers size: Pullups size: Wipes</p>	<p>Paper Products Toilet paper Kleenex</p> <p>Temp/Limited Toothbrush Mustard Relish Ketchup Wieners</p>
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