



## FOOD BANK ORDER - 1<sup>ST</sup> or 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>Sauces &amp; Condiments</b> <b>1 per month</b> Peanut butter Jam No sugar jam Syrup Light Syrup	<b>Dry Goods</b> Chicken Noodle soup Hamburger helper Kraft dinner Ramen noodles	<b>Bread</b> White Brown	<b>Paper Products</b> Toilet tissue
<b>Personal Care</b> Bar soap Tampons Feminine pads	<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 Fruit cocktail Peaches	<b>Baking</b> Sugar Splenda	<b>Refrigerated</b> Eggs Cheese slices Margarine Bologna Ground beef	<b>Temp/Limited</b> Toothbrush
<b>Cleaning 1 per month</b> Dish soap Garbage bags Spray cleaner		<b>Pasta &amp; Rice</b> <b>Choose 1</b> Long grain rice Spaghetti Elbows	<b>Baby/Child Only</b> Rice cereal Juice box Pudding cups Granola bars Diapers size: Pullups size: Wipes	
<b>Beverages</b> Brewed coffee Instant coffee Tea Coffee Whitener Apple juice Tang Canned milk		<b>Crackers &amp; Cookies</b> Soda crackers Cookies Snack crackers		
<b>Breakfast</b> <b>Only 1</b> Cereal Oatmeal Pancake mix				