

DELTASSIST'S LIST OF MOST NEEDED ITEMS:

PLEASE NOTE THAT DELTASSIST ONLY EXCEPTS NON-EXPIRED ITEMS

- Rice (plain and flavoured)
- Pasta and sauce – packaged (e.g. Knorr Sidekicks)
- Dry pasta (especially spaghetti)
- Pasta sauce
- Macaroni and cheese
- Cereal (including individual hot cereals)
- Canned salmon and tuna
- Canned ham
- Canned chili
- Canned meat – prem, spam, corned beef, chicken
- Canned stew
- Canned pasta
- Canned fruit (especially peaches, pears, fruit cocktail, applesauce, pineapple tidbits)
- Canned Hearty soups
- Canned regular soups
- Canned vegetables (including tomatoes)
- Tea bags
- Coffee
- Hot chocolate
- Peanut Butter
- Jam
- Jello (not instant pudding as it requires milk)
- Juice (litre size preferred)
- Baby food (strained and Junior), formula, cereals – expiry date 2024 or more

Food for the homeless cupboard:

- easy to open cans of protein, vegetables, fruit
- peanut butter - small jars
- soda crackers
- ready to go meals in cans
- granola bars
- small snack sizes