

Ancaster High Food Drive

~ Items Food Banks Need the Most ~

1. Peanut Butter & Other Nut Butters
2. Canned Proteins (Tuna, Salmon, SPAM, Ham, Turkey, Chicken)
3. Canned Beans (Black, Garbanzo, Black-Eyed Peas, Green Beans, Pinto)
4. Pasta & Pasta Sauce
5. Pantry Staples (Sugar, Flour, Condiments)
6. Canned Vegetables
7. Cooking Essentials (Olive Oil, Spices, Salt, Pepper, Oregano etc.)
8. Infant Formula
9. Baby Food
10. Diapers
11. Applesauce
12. Crackers
13. Fruit (Canned or Dried)
14. Granola Bars
15. Instant Mashed Potatoes
16. Meals in a Box (Pasta, Rice, Soup Kits, etc.)
17. Nuts
18. Shelf-stable and Powdered Milk
19. Soup, Stew and Chili
20. Whole Grain Cereal



Please **do not** include the following:

Expired food, opened food and glass containers.

FOOD DRIVE PICK UP DATE: THURSDAY MARCH 2nd, 2023