

# HAMILTON Food Share

## THANK YOU FOR DONATING ITEMS NEEDED THE MOST AT FOOD BANKS

PLEASE ENSURE PACKAGES ARE SEALED,  
FOOD HAS NOT EXPIRED, OR CANS WERE  
NOT FROZEN.



### Grains

Rice, pasta,  
oatmeal, cereal



### Fruit & Vegetables

Canned vegetables & fruit,  
vegetable or fruit juice,  
soups, pasta sauce



### Protein Sources

Canned stew/chilli  
(meat/vegetarian), canned meats  
(tuna, chicken, ham, etc.), beans,  
chick peas, peanut butter



### Personal Care

Adult diapers, body wash, bar  
soap, shampoo, pads &  
tampons, toothbrush,  
toothpaste, deodorant



### School Safe Snacks

Nut-free dried fruit,  
granola/cereal bars,  
fruit/applesauce packs,  
crackers, juice boxes



### Baby Products

Baby formula, baby wipes,  
diapers (size 3 and up  
preferred), baby food



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