

CICS Food Bank - Wishlist for Dry Goods and Shelf-Stable Items

We are reaching out to gather much-needed food items for the CICS Food Bank to support individuals and families in need. Below is a list of dry goods and shelf-stable items that would be greatly appreciated:

<u>Yes</u>	<u>No</u> (Unless in bulk/good condition/safe to consume)
1. Canned Goods <ul style="list-style-type: none"> - Canned vegetables (low sodium preferred) - Canned fruits (in water or natural juice) - Canned beans - Canned soups and stews - Canned tuna, salmon, or chicken 	1. Perishable Items <ul style="list-style-type: none"> - Fresh fruits and vegetables (unless specifically preserved or canned) - Dairy products (milk, cheese, yogurt) - Refrigerated or frozen items
2. Grains & Pasta <ul style="list-style-type: none"> - Rice (white, brown, or wild) - Pasta (spaghetti, penne, macaroni) - Instant noodles (preferably low sodium) - Quinoa, couscous, or other grains 	2. Opened or Damaged Packaging <ul style="list-style-type: none"> - Any items with broken seals or damaged packaging - Opened cans or boxes of food
3. Cereals <ul style="list-style-type: none"> - Breakfast cereals - Granola/Granola bar - Hot cereal packets (instant oatmeal) 	3. Items with Short or Passed Best Before Dates <ul style="list-style-type: none"> - Products nearing or past their expiry date - Expired canned goods or food with damaged packaging
4. Legumes & Lentils <ul style="list-style-type: none"> - Dried lentils (red, green, or yellow) - Split peas - Dry chickpeas or beans (e.g., pinto, navy, black) 	4. Highly Processed or Junk Food <ul style="list-style-type: none"> - Candy, chips, or sugary snacks - Packaged processed meats or foods with excessive sodium
5. Baking & Cooking Essentials <ul style="list-style-type: none"> - Flour (all-purpose or whole wheat) - Condiments (sugar, salt, sauces, jam) - Cooking oils (vegetable, canola, olive oil) - Peanut butter (smooth or chunky) 	5. Alcohol Beverages <ul style="list-style-type: none"> - Alcoholic drinks
6. Snacks <ul style="list-style-type: none"> - Granola bars or energy bars - Crackers (whole grain preferred) - Trail mix (nuts, dried fruit, seeds) 	6. Homemade food
7. Dried & Dehydrated Foods <ul style="list-style-type: none"> - Dried fruits (raisins, apricots, cranberries) - Instant mashed potatoes or instant stuffing - Powdered milk or evaporated milk 	
8. Canned & Bottled Beverages <ul style="list-style-type: none"> - Coffee (ground or instant) - Tea bags - Fruit juices 	

Your generous donations will go directly to those in need and help ensure our community members have access to essential nourishment. Thank you for supporting our mission!

CICS Food Team



