



10051-100th Avenue
Fort St. John, BC V1J 1Y7
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Suggested Donations for Women's Resource Society Poverty Outreach Store

<p style="text-align: center;"><u>Food Items</u></p> <p style="text-align: center;">Powdered/Evaporated Milk</p> <p>Easy-open; <i>Mr. Noodles, Pull-top Ravioli/Fruit</i></p> <p>Canned Meat; <i>Tuna, Salmon, Chicken, Spam</i></p> <p>Canned Veggies; <i>Corn, Carrots, Olives, Mushrooms</i></p> <p>Assorted Soups; <i>Chunky, Mushroom, Chicken Noodle, Vegetable</i></p> <p>School Snacks; <i>Granola Bars, Fruit Cups</i></p> <p>Juice; <i>Crystals or Boxes</i></p> <p>Pancake Mix (add water)</p> <p>Hamburger Helper (Tuna Helper)</p> <p>Sidekicks (pasta and others)</p> <p>Cereals and Oatmeal</p> <p>Pasta Sauce</p> <p>Pasta Noodles & Rice</p> <p>Canned Fruit</p> <p>Peanut Butter</p> <p>Jam</p> <p style="font-size: 2em; transform: rotate(-45deg); opacity: 0.5; position: absolute; left: -100px; top: 50px;">No beans please</p>	<p>Condiments & Spreads; <i>Mayo, Ketchup, Cheese Whiz, Pickles, Apple Sauce</i></p> <p>Taco Shells; Taco Meal Kits</p> <p>Sugar & Baking Ingredients</p> <p>Coffee, Hot Chocolate Mix</p> <p style="text-align: center;">Bottled Water</p> <p style="text-align: center;">Baby Formula</p> <p style="text-align: center;"><u>Hygiene Items:</u></p> <p>Shampoo/Conditioner (full size)</p> <p>Powdered Laundry Detergent</p> <p>Deodorant – male & female</p> <p>Bar Soap & Body Wash</p> <p>Feminine Hygiene Products – Tampons/Pads</p> <p>Diapers, size 3 & up and baby wipes</p> <p>Razors – male & female</p>
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Notes: The above list is not exhaustive – please feel free to donate any non-perishable food items. Healthy foods are encouraged! All food and hygiene products must be unopened and within its expiry date.

We can accommodate some fruits and vegetables, please ensure you call ahead of time and small donations that we would be able to give away in a day are highly encouraged

Please call ahead to ensure we have the capacity to accept other donations.

We appreciate your continued support!