

**Food Item Suggestions:**

Canned whole tomatoes

Canned tuna

Canned corn whole kernels

Peanut butter

Pasta

Flour

Dry beans, such as black beans, kidney beans, chickpeas, Great Northern beans, lentils, pinto beans. Please—no canned beans.

Skim milk powder

Fresh produce if it can be delivered on Thursday morning.

Please—no canned soups or Mac/cheese

**Other Items Refugees Can Use:**

Pots and pans, cutlery, glasses,

Small appliances (toaster, etc.), dishes

Clean clothes in good condition for adults and children, children's books and toys

Linens including blanket, etc.

You are invited to visit the Newcomers Food Bank any Thursday, 10:00 am to 12:00 noon at Sherbrooke Mennonite Church, 7155 Sherbrooke Street, Vancouver.