CALGARY VETERANS FOOD BANK

Warm Hearts. Full Cupboards.

A little extra in your cart brings comfort this fall & winter.

FALL & WINTER WISH LIST

Help stock the shelves for veterans and first responders.

BAKE SOME JOY

- ☐ Cake or muffin mixes
- ☐ Icing
- ☐ Jell-O

MAKE MEALTIME EASY

- ☐ Hamburger Helper
- ☐ Instant mashed potatoes
- ☐ Instant hash browns
- ☐ Sidekicks
- ☐ Stove Top stuffing
- ☐ Chunky soups and chilies
- ☐ Gravy packets
- ☐ Spices - all kinds

POUR A LITTLE COMFORT

- ☐ Coffee and tea
- ☐ Juice boxes and pop

SNACK & SMILE

- ☐ Chips
- ☐ Cookies
- ☐ Crackers

TOP IT OFF

- ☐ Ketchup and mayonnaise
- ☐ Mustard and relish
- ☐ Pickles

EVERYDAY ESSENTIALS

- ☐ Bounce / fabric softener sheets
- ☐ Men's deodorant
- ☐ Freezer bags
- ☐ Garbage bags
- ☐ Kitchen catchers
- ☐ Kleenex
- ☐ Laundry detergent
- ☐ Paper towels
- ☐ Sandwich bags
- ☐ Toilet paper

Little extras. Lots of love.

Share a little warmth. Give a little comfort.

Thank you for helping fill cupboards and lift spirits!

Canadian Veterans Services Society | Because Service never Ends.