

DELTASSIST

List of Most Needed Items

MUST BE NON-EXPIRED

- Rice (plain and flavoured)
- Pasta and sauce – packaged (e.g. Knorr Sidekicks)
- Dry pasta (especially spaghetti)
- Pasta sauce
- Macaroni and cheese
- Cereal (including individual hot cereals)
- Canned salmon and tuna
- Canned ham
- Canned chili
- Canned meat – prem, spam, corned beef, chicken
- Canned stew
- Canned pasta
- Canned fruit (especially peaches, pears, fruit cocktail, applesauce, pineapple tidbits)
- Canned Hearty soups
- Canned regular soups
- Canned vegetables (including tomatoes)
- Tea bags
- Coffee
- Hot chocolate
- Peanut Butter
- Jam
- Jello (not instant pudding as it requires milk)
- Juice (litre size preferred)
- Baby food, formula, cereals – expiry date must be 2024 or beyond
(nothing from 2023 or before)