

HOLIDAY WISHLIST

Non-Perishables

- Dried Lentils and Beans
- Baking Powder and Baking Soda
- Dates
- Rice
- Spices (cumin, turmeric, coriander, garlic, paprika, ginger, salt, pepper, chilies)
- Crackers
- Oil
- Tomato Sauce
- Tomato Paste
- Cereal
- All Purpose Flour
- Whole Wheat Flour
- Tea (green, rooibos, orange pekoe)
- White and Brown Sugar
- Oats
- Peanut Butter
- Jam
- Mayonnaise
- Vinegar
- Pasta & Pasta Sauce
- Juice
- Canned Soups
- Canned Vegetables and Fruit
- Canned Meat and Fish

Perishable Food

- Meat, dairy & eggs from an AHS inspected facility or packaging plant
- Vegetables & Fruit

Hygiene Products

- Shampoo
- Soap
- Body Wash
- Toothbrushes
- Disposable Razors
- Deodorant
- Diapers
- Feminine Hygiene Products
- Adult Incontinence Products

Other Ways To Contribute

- Grocery Gift Cards
- Fuel Gift Cards
- Financial Donations towards the Camrose Helps Foundation
Donations of \$20 or over qualify for a tax receipt.

Registration No. 704236546RR0001

Camrose & District FCSS and Camrose Helps are proud partners in addressing our community needs by offering services like the Community Pantry and Cultural Food Hub, to support individuals and families in City and County of Camrose.



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Camrose & District
Family and Community
Support Services

*stronger
together* 



**CAMROSE
helps**