



Support. Inspire. Overcome.

If you, your friends/workplace/school colleagues can assist with a collection of food supplies for the drop-in centre, I know they would greatly appreciate the support. Feeding that many teenagers is a big job and we appreciate all of your help. Items always in need are the following:

Perishables: 4L Bags of Milk, Fresh Fruits (watermelons, cantaloupes, melons, apples, bananas) and Vegetables
We have a fridge and freezer on site so can accommodate accepting perishables and frozen, unopened meals for the kids. Suggestions like: Michelina's meals, Stouffer Dinners, frozen lasagnas, frozen vegetables

Dry/ Non Perishables in Need:

Quick prep canned meals (Chili, Chef Boyardee, individual Kraft Dinner cups Etc...)

Canned Tuna, Salmon, Sardines, Turkey

On The Go Snacks (Granola Bars, Cheese and Crackers, Tuna and Cracker SnackPacks Etc...)

Boxes of Cereal

Canned soups

Peanut Butter and Jam, Nutella

Lipton's Sidekicks Noodles & Rice Packs

Laundry Detergent (pods please)

Canned vegetables

Pasta Sauce

Boxes of Instant Oatmeal packages (variety of flavours)

Ramen Noodles/Cup of Noodles/ Mr. Noodles packages

Kraft Dinner microwaveable Cups

Canned stews (chunky beef, chicken, chili's)

Condiments (soy sauces, bbq sauce, ketchup, mustard)

(New Products Only Accepted)

White t-shirts (and undershirts)

Shaving Cream, Deodorant, Body Wash

Socks and Underwear - new in packages only please (white athletic and sport socks preferred)

Feminine Hygiene products (tampons and pads)

New Flip flops - various sizes

Shampoo, Conditioner, New Hair Brushes, Combs

Items can be dropped off at Home Base during the following times: Mon - Friday 10am - 9pm or Sat - Sun 10am - 6pm at **10415 Yonge St., Suite D, side entrance to Home Base.** Many thanks for your generous support.