

Most Needed Items

- Canned Soups & Stews
- Baked Beans
- Dry Pasta & Pasta Sauce
- Canned Meats & Tuna
- Mac & Cheese & Canned Pasta
- Granola Bars & Crackers
- Canned Vegetables & Fruit
- Applesauce & Fruit Cups

- Peanut Butter & Oil
- Cereal, Oatmeal & Oats
- Rice & Side Dishes
- Coffee & Tea
- Potatoes & Onions
- Carrots & Apples
- Soap & Shampoo
- Toilet Paper



NATIONAL LTD. FSRA #12360



Helpers

seniorhelpers.ca/on/northumberland