

Fill the Food Bank

Dry Goods

- Cereal
- **Rice**
- Instant potatoes
- Macaroni & cheese, Sidekicks
- Pasta, pasta sauce
- Pudding, Jello
- Cake mixes
- **White sugar**
- Peanut butter, jam
- Coffee, Tea
- Juice (1 litre size)
- **Cooking oil** (small bottles)
- Fresh meat (can be frozen)

Canned Items

- Chicken, ham, tuna
- Tomatoes, corn, green beans
- Tomato sauce
- Soup
- Milk

Children's Snacks

- Granola bars
- Crackers
- Applesauce
- Fruit snacks



(bolded items
are most needed
weekly)

Personal Items

- Toothpaste
- Toothbrushes
- **Toilet paper**
- Bar soap
- **Shampoo/Conditioner**
- Sanitary napkins
- Dish soap
- **Laundry pods**
- **Dishwasher pods**
- **Diapers/pull-ups** (larger sizes esp. size 4-6)

*We cannot accept any items
with an expired 'best before' date.*



central heights
WOMEN

Weekdays: Please bring your donated items to the church office. Mon-Thurs 9am-12pm, 1pm-4pm.

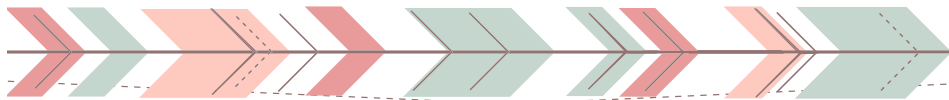
Sundays: Place donated items in the bin near the Welcome Centre.

Financial donations may be made to Central Heights Church designated 'Women's Centre Food Bank' and will be used to stock the shelves.

*Thank you for your
generosity!*

QUESTIONS?
604.852.1001
women@centralheights.ca

Turn over for clothing and housewares...



Clothing & Housewares Donations

The Women's Centre 

QUESTIONS?
604.852.1001
women@centralheights.ca

Clothing & Household items we will gratefully receive:

All items should be gently used, freshly washed and not in need of repair.

Clothing

- Women's clothing & footwear
- Children's clothing & footwear (highest need for size 2 & up)
- Men's clothing & footwear
- Maternity & plus-size clothing
- Underwear, bras & socks ("like new" only)

Books

- Bibles & devotionals
- Christian living, parenting, self-help
- Children's books, games, puzzles
- Christian fiction
- DVDs, Cds



Miscellaneous

- Greeting cards
- School supplies, backpacks, lunch kits
- Strollers & highchairs (clean, gently used)
- New toys (for gifts)
- Luggage & bags

Kitchenware

- Bowls, plates, cups, cutlery
- Cooking & serving utensils
- Small appliances: toasters, kettles, coffee makers, microwaves
- Pots, pans, casserole dishes
- Serving & storage containers

Linens

- Sheet sets & pillow cases
- Blankets & quilts
- Pillows (with no stains)
- Bath towels & facecloths
- Kitchen towels and washcloths

Turn over for food bank items...

We are **UNABLE** to receive:

- Dirty or stained clothing/linens
- Car seats & booster seats
- Furniture
- General electronics
- Wine glasses, China
- Pictures & frames
- Candles, vases
- Décor items, knick-knacks
- Curtains, fabric
- Tablecloths, placemats
- Bed skirts, mattress pads
- Decorative pillows
- Canning jars
- VHS videos
- Used Toys
- Open lotions, shampoo, makeup, etc.
- Baby clothing