



**URGENTLY NEEDED ITEMS
(PLEASE WATCH EXPIRY DATES)**

Assorted Meats
Assorted Sauces HP- Hot Sauce - Sriracha Sauce
Bacon
Butter
Boxed Potatoes / Bagged or Dried
Brown Sugar
Bread Yeast
Canned Corn Beef
Canned Chili / Stew
Canned Dinner Ham
Canned Luncheon Meats
Canned Mushrooms
Canned Sliced Potatoes
Cheese Blocks or Sliced
Coffee Assorted Brands / Decaf / Pods
Eggs Small – Medium – Large

Fresh Fruit
Fresh Vegetables
Juice 1 Litre
Small Juice Boxes
Grocery Store Gift Cards \$25.00
Assorted Luncheon Meats
Assorted Types of Margarine
Milk 1% or 2%
Assorted Rice Types
Mouthwash – Assorted Brands
All-Purpose & Anti Bacterial Cleaner
Unscented Laundry Soaps
Unscented Liquid Fabric Softener
Unscented Hand Body Lotion
Canned Pop / Regular or Diet

NEEDED ITEMS

Assorted Body Wash
Canned Oysters
Canned Sardines
Disfecting Wipes
General Cleaning Supplies
Hamburger Helper / Side Kicks
Jarred Garlic
Laundry Soaps Assorted Brands

Pancake Mix Assorted Brands
Paper Towels – Single Double / or Multi Package
Shampoo & Conditioner
Spices Assorted Types
Toilet Paper Singles or Family Pack
Window Cleaner Assorted Brands
Ketchup / Mustard / Relish
Mayonnaise



GLUTEN-FREE – Items in General

NO SALT – Items in General

NICE TO HAVE ITEMS

Assorted Bottle Water - Regular
Assorted Candies – Regular & Sugar-Free
Assorted Granola Bars & Chocolate Bars

Assorted Fruit Cups
Assorted Pudding Cups
Qtips

Veterans Food Bank of Calgary
 Bay #1, 4619 6th, St. N.E. Calgary, AB
 T2E 3Z6
 403-277- (VETS) 8387
 Email: GeneralManager@vfbc.ca

Hours of Operation
 Monday through Friday 10 AM – 4 PM
 Saturday 10 AM – 2 PM
 Closed Sundays