

CONTACT US

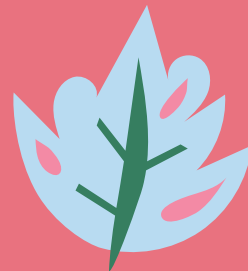
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RUSSELL PARKING LOT
-  **WHITE ROCK PANTRY PROJECT**



THANKS FOR SUPPORTING

WHITE ROCK FREE PANTRY

A Peninsula United Church initiation, with support from SOURCES Foodbank and the City of White Rock and you!



WHITE

ROCK

FREE

PANTRY

TAKE WHAT YOU NEED
LEAVE WHAT YOU CAN

STOCK

GUIDE



Thank you for helping stock our free pantry.

Here are some suggestions.

Keep in mind this is an outdoor pantry and all items must be sealed and sanitized.

WHAT TO DONATE

CANNED FOODS

meats, beans, fish, soups, milk, fruit, ravioli, tomatoes, sauces, vegetables

BAKING NEEDS

unopened packages of flour, baking powder, spices, sugar, powdered milk, or stable milk alternatives, bread, pita

ADD WATER MIXES

corn bread, cakes, muffins, pancakes, biscuits

JARS/TETRA PACKS

jam, nut butter, fruit, syrup, oil, dressing, vinegar, ghee, honey, soya sauce, marinades, soup stock

DRIED FOOD

lentils, peas, beans, soup mix, fruit, pasta, rice, quinoa, seeds, grains, cereal, oatmeal, Mac n Cheese, rice noodles

WHAT TO DONATE

FRESH FRUITS + VEGETABLES

in season, mindful of weather

TREATS

cookies, crackers, granola bars, fruit leather, nuts, pudding cups, popcorn

DRINKS

coffee, tea, juice, lemonade, V8, milk alternatives, water

PET FOOD

canned and dry, treats, litter

HOME/ TOILETRIES

Toilet paper, toothpaste, deodorant, shampoo, soaps, Kleenex, lotion, feminine pads and tampons, bandaids, wipes,, cleaning supplies

PLEASE DON'T LEAVE

sharp items, opened packages, or bottles, unlabelled items, medications, products with alcohol