



Mustard Seed Street Church/Food Bank
625 Queens Avenue
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Canada

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Mustard Seed Most Wanted List

To assist you in purchasing, the following items are of the greatest need and most use in the M.S. Food Bank. Food or financial donations are gratefully accepted and tax-deductible receipts issued. (Non-financial donations require store receipts for issuance of tax receipt.) For every dollar donated, the Food Bank can buy \$2 or more in product.

CEREALS & STAPLES

Bread
Cereal (Instant / Cooking)
Sugar (White / Brown)
Flour
* Peanut Butter
Jam / Marmalade

MEATS

Canned / Fresh / Frozen
* Canned Fish
Canned / Chunky Soup
Canned Spaghetti

PASTAS

Kraft Dinner
* Macaroni (Bulk)
* Rice (Bulk)
Spaghetti (Bulk)

DAIRY PRODUCTS

* Milk (Powder / Liquid)
* Margarine (pound
prints)
* Cheese
* Eggs

BABY NEEDS

Pablum
Milk Formulas (Dry/Liquid)
* Canned/Jarred Foods
* Diapers (Disposable)

FRUIT

* Fresh, Seasonal
Canned, diet
* Juices

VEGETABLES

* Fresh, Seasonal
* Canned
* Dried Peas and Beans
* Juices

MISCELLANEOUS

Coffee (Ground/Instant)
Tea (Bag/Leaf)
Baking Supplies
Shortening (Pound prints)
Cooking Oil
Cake/cookie mixes
Pudding/Jello
Hot Chocolate

PERSONAL NEEDS

Soap (Laundry/ Dish/ Hand)
Hair Shampoo and Rinse
Tooth paste and Brushes
Feminine Supplies
Paper towels
Toilet paper
Facial tissue

* These items are consistently needed.

The Mustard Seed Food Bank is the main distributor for all Food Banks on Vancouver Island.
For Special Events/Food Drives call: Brent Palmer – Food Bank Director at 953-1580 for more info or
: Shipper/Receiver at 953-1586 to arrange pick-up if needed.