

Ernestine's
inspire.

Ernestine's Women's Shelter,
an organization run by
women, provides support
and shelter for women and
children escaping violence.

FOOD BANK ITEMS NEEDED



*Thank you for
your support!*



- ♦ Baby food & formula
- ♦ Rice—long grain, basmati, brown
- ♦ Pasta & Noodles
- ♦ Flour—many varieties
- ♦ Oil—vegetable, olive, sunflower
- ♦ Spices—Herbs, Indian spices
- ♦ Condiments—Salt, sugar, pepper, ketchup, mustard, soy sauce,
- ♦ Cereal & Oatmeal
- ♦ Packaged pasta—Macaroni & Cheese (KD), pasta mixes
- ♦ Peanut butter
- ♦ Canned & dry soups
- ♦ Canned vegetables and fruit —chick peas, beans, peaches, pineapple
- ♦ Canned fish & meat—Tuna, salmon, chicken
- ♦ Milk—Coconut milk, soy milk, canned & powdered
- ♦ Drinks—Juice boxes, canned/ bottled pop, bottled water, coffee, tea bags
- ♦ Snacks—Cookies, crackers, granola bars, fruit cups, pudding cups
- ♦ Non-perishable Ethnic foods— African (Fufu, couscous), Indian, Asian, European, etc.

