

FOOD HAMPER REQUEST FORM

Pantry – a student food bank is in place to support students currently enrolled at UBC Okanagan who are experiencing food insecurity. Please fill out this form if you are in need. **Hampers will be ready for pick up on Fridays.** We will email you your pickup time to ensure social distancing.

Contact Information – please print clearly

| | |
|------------------------------------------------|--|
| First name | |
| Date | |
| E-mail address or Cell phone number | |
| Allergies or dietary needs | |

Check off what you need. We will do our best to fill your requests but cannot guarantee all items are available at all times.

| Food Categories | Check off the items you are in need of, we will do our best to meet your needs. | | |
|---------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <i>Protein</i> | <input type="checkbox"/> Peanut butter <input type="checkbox"/> Lentils | <input type="checkbox"/> Kidney Beans <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Canned chicken or salmon *if available <input type="checkbox"/> Spam |
| <i>Dairy Alternatives</i> | <input type="checkbox"/> Almond Milk <input type="checkbox"/> Coconut milk | <input type="checkbox"/> Soy Milk | <input type="checkbox"/> Evaporated Milk |
| <i>Grain and Gluten Free Products</i> | <input type="checkbox"/> Gluten Free Cereal | <input type="checkbox"/> Gluten Free Pasta <input type="checkbox"/> Rice Noodles | <input type="checkbox"/> Quinoa <input type="checkbox"/> Couscous |
| <i>Toiletries</i> | <input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste <input type="checkbox"/> Soap | <input type="checkbox"/> Toilet paper <input type="checkbox"/> Deodorant <input type="checkbox"/> Shampoo/Conditioner | <input type="checkbox"/> Tampons <input type="checkbox"/> Pads <input type="checkbox"/> Body Wash |
| <i>Other</i> | If there are other items that you have an urgent need for please let us know below: _____ | | |

Request form drop off and hamper pick up

You can submit your form via email to pantry.foodbank@suu.ca or print your form and slide it under the door of Pantry (UNC131) by Thursday at 3:00PM. Anything received after Thursday at 3:00PM will be completed the following week.

Hampers can be picked up on Fridays, you will be emailed a pickup time to ensure social distancing.

For more information, to submit the form online, or if you have questions contact pantry.foodbank@suu.ca

* If you have any feedback for Pantry please email us and let us know! *

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|--------------------|
| OFFICE USE ONLY |
| Date filled: _____ |
| Initials: _____ |