

# HOLIDAY HAMPER APPLICATION – SINGLE 2022

Pantry – a student food bank is in place to support students currently enrolled at UBC Okanagan who are experiencing food insecurity. If you are interested in receiving a Holiday Hamper for the 2022 winter break, please complete the application below and submit it no later than December 2nd 2022. Hampers will be ready for pickup December 12<sup>th</sup> – December 16<sup>th</sup> 2022

## Contact Information – please print clearly

<b>First name</b>	
<b>Date</b>	
<b>E-mail address <u>or</u> Cell phone number*</b>	
<b>Allergies or dietary needs</b>	

\* Only used so we are able to contact you when your hamper is ready for pickup

Check off what you need below. If there is something you are in need of that is not listed, please mention it in the "other" section.

<b>Food Categories</b>	<b>Check off the items you are in need of, we will do our best to meet your needs.</b>		
<i>Protein</i>	<input type="checkbox"/> Peanut butter	<input type="checkbox"/> Canned tuna	<input type="checkbox"/> Tofu
	<input type="checkbox"/> Canned salmon	<input type="checkbox"/> Canned chicken	<input type="checkbox"/> Kidney beans
	<input type="checkbox"/> Chickpeas	<input type="checkbox"/> Black beans	<input type="checkbox"/> Pork and Beans
<i>Canned Vegetables and Fruit</i>	<input type="checkbox"/> Corn	<input type="checkbox"/> Peas	<input type="checkbox"/> Green beans
	<input type="checkbox"/> Mixed Veggies	<input type="checkbox"/> Applesauce	<input type="checkbox"/> Canned orange
	<input type="checkbox"/> Canned pear	<input type="checkbox"/> Canned peach	<input type="checkbox"/> Cranberry Sauce
<i>Other Canned Items</i>	<input type="checkbox"/> Soups	<input type="checkbox"/> Canned pasta	<input type="checkbox"/> Chili
	Preferred Flavours:		
<i>Dairy Alternatives</i>	<input type="checkbox"/> Almond Milk	<input type="checkbox"/> Soy Milk	<input type="checkbox"/> Evaporated Milk
	<input type="checkbox"/> Coconut milk		
<i>Grain Products</i>	<input type="checkbox"/> Cold Cereal	<input type="checkbox"/> Oatmeal	<input type="checkbox"/> Pasta
	<input type="checkbox"/> Gluten Free Cereal	<input type="checkbox"/> Gluten Free Pasta	<input type="checkbox"/> Rice
	<input type="checkbox"/> Mac & Cheese	<input type="checkbox"/> Rice noodles	<input type="checkbox"/> Couscous
	<input type="checkbox"/> Crackers	<input type="checkbox"/> Stuffing mix	<input type="checkbox"/> Quinoa
	<input type="checkbox"/> Granola (if available)	<input type="checkbox"/> Baking mixes	
	Preferred Flavours:		
<i>Toiletries</i> <i>Please include quantity needed if more than one</i>	<input type="checkbox"/> Toothbrush # _____	<input type="checkbox"/> Toilet paper	<input type="checkbox"/> Deodorant # _____
	<input type="checkbox"/> Toothpaste	<input type="checkbox"/> Soap # _____	M or F _____
	<input type="checkbox"/> Shampoo # _____	<input type="checkbox"/> Conditioner # _____	<input type="checkbox"/> Hair ties
	<input type="checkbox"/> Tampons	<input type="checkbox"/> Pads	
<i>Clothing</i> <i>Please include quantity, size, and male or female sizing</i>	<input type="checkbox"/> Socks # _____ Size _____ Male or Female _____		
	<input type="checkbox"/> Gloves # _____ Male or Female _____		
	<input type="checkbox"/> Other winter accessories _____		

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*Other*

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**

Please send your completed request form to [pantry.foodbank@suo.ca](mailto:pantry.foodbank@suo.ca)

Hampers will be ready for pickup on December 12<sup>th</sup> 2022. We will email or call you with specific location and times for pick ups.

If you have any questions or concerns, please email us at [pantry.foodbank@suo.ca](mailto:pantry.foodbank@suo.ca)



**a student food bank**

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