

# FOOD HAMPER REQUEST FORM

Pantry – a student food bank is in place to support students currently enrolled at UBC-O who are experiencing food insecurity. Please fill out this form if you are in need. **Hampers will be ready for pick up on Wednesdays at 10am and will be held until Friday at 4pm** from the Student Union Front Desk. We will email you to confirm that we have received your request. All hampers that are not picked up by 4pm on Friday will be re-stocked

## Contact Information – please print clearly

<b>First name</b>	
<b>Date</b>	
<b>UBC email address:</b> (Must also be sent by your UBC email)	
<b>Allergies</b>	

**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> (Pick up to 2)	<input type="checkbox"/> Tuna Can x 2 <input type="checkbox"/> Canned Lentils x 2 <input type="checkbox"/> 6 Eggs	<input type="checkbox"/> Tofu <input type="checkbox"/> Canned Chickpeas x 2 <input type="checkbox"/> Canned Black Beans x 2	<input type="checkbox"/> Almond Milk <input type="checkbox"/> Soy Mik
<i>Sides/soup/broth</i> (Pick up to 2)	<input type="checkbox"/> Diced/Crush Tomatoes <input type="checkbox"/> Canned Green Beans <input type="checkbox"/> Canned Peas	<input type="checkbox"/> Can of soup x 2 <input type="checkbox"/> Pasta Sauce	<input type="checkbox"/> Canned Corn <input type="checkbox"/> Veggie Broth (900ml)
<i>Grain/ Gluten Free</i> (Pick up to 2)	<input type="checkbox"/> Couscous <input type="checkbox"/> Rice Noodles	<input type="checkbox"/> Pasta <input type="checkbox"/> Rice	<input type="checkbox"/> Cereal
<i>Toiletries</i> (Pick up to 4)	<input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste <input type="checkbox"/> Toilet paper x 2	<input type="checkbox"/> Pads x 5 <input type="checkbox"/> Tampons x 5 <input type="checkbox"/> Bar of soap	<input type="checkbox"/> Dishwasher Pods x 3 <input type="checkbox"/> Laundry Pods x 3

## Request form drop off and hamper pick up

You can submit your form via email to [pantry.foodbank@suo.ca](mailto:pantry.foodbank@suo.ca). Anything received after the deadlines below will be completed the following week.

For more information, or if you have questions or feedback, contact [pantry.foodbank@suo.ca](mailto:pantry.foodbank@suo.ca)

### Hamper form submission deadline

All hamper submissions must be received by 4pm on Friday to be ready and prepared for the following Wednesday. All hampers will be ready by 10am on the Wednesday and any hamper left after 4pm on Friday will be restocked.

OFFICE USE ONLY

Date filled: \_\_\_\_\_

Initials: \_\_\_\_\_