

FOOD HAMPER SUMMER 2026 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 available for pick up on the following Wednesday and Thursday at the SUO Front Desk Between 9:30am and 4pm.** We will email you to confirm that we have received your request. All hampers that are not picked up by 4pm on Thursday will be re-stocked

Contact Information – please print clearly

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

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 4)	<input type="checkbox"/> Tuna Can x 2 <input type="checkbox"/> Dry Red Lentils <input type="checkbox"/> 12 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 4)	<input type="checkbox"/> Diced/Crush Tomatoes <input type="checkbox"/> Can Mixed Veggie x 2 <input type="checkbox"/> Canned Peas x 2	<input type="checkbox"/> Can of soup x 2 <input type="checkbox"/> Pasta Sauce	<input type="checkbox"/> Canned Corn x 2 <input type="checkbox"/> Chicken Bouillon
<i>Grain/ Gluten Free</i> (Pick up to 3)	<input type="checkbox"/> Couscous <input type="checkbox"/> Rice Noodles	<input type="checkbox"/> Pasta <input type="checkbox"/> Rice	
<i>Toiletries</i> (Pick up to 5)	<input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste <input type="checkbox"/> Toilet paper x 3	<input type="checkbox"/> Pads x 10 <input type="checkbox"/> Tampons x 10 <input type="checkbox"/> Bar of soap	<input type="checkbox"/> Dishwasher Pods x 5 <input type="checkbox"/> Laundry Pods x 5

Request form drop off and hamper pick up

You can submit your form via email to 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

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: _____