

FOOD HAMPER 2026-27 REQUEST FORM

Pantry – a **UBCO UNDERGRAD** student food bank is in place to support currently enrolled undergrad students 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 9am 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.

All undergrad students must present a valid student ID at time of pick up.

Contact Information – please print clearly

First name	
Date	
UBC email address: (Must also be sent by your UBC email)	
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.		
Protein (Pick up to 2)	☐ Tuna Can x 2 ☐ Dry Red Lentils ☐ 6 Eggs	☐ Tofu ☐ Canned Chickpeas x 2 ☐ Canned Black Beans x 2	☐ Almond Milk ☐ Soy Mik
Sides/soup/broth (Pick up to 4)	☐ Diced/Crush Tomatoes ☐ Can Mixed Veggie x 2 ☐ Canned Peas x 2	☐ Can of soup x 2 ☐ Pasta Sauce	☐ Canned Corn x 2 ☐ Chicken Bouillon
Grain/ Gluten Free (Pick up to 2)	☐ Rice Noodles	☐ Pasta	☐ Rice
Toiletries (Pick up to 4)	☐ Toothbrush ☐ Toothpaste ☐ Toilet paper x 2	☐ Pads x 5 ☐ Tampons x 5 ☐ Bar of soap	☐ Dishwasher Pods x 3 ☐ Laundry Pods x 3

Request form drop off and hamper pick up

You can submit your form via email to pantry.foodbank@suu.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@suu.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 9am on Wednesday and any hamper left after 4pm on Thursday will be restocked.