

Fundraiser and food drive for the UVSS Food Bank

This year the need is higher than ever. Support students by collecting non-perishable food items and toiletries or by donating online. uvic.ca/stocktober



High demand items

DRY GOODS

Flour
Rice
Oats
Oatmeal
Granola/muesli
Pasta/noodles
Boxed macaroni & cheese
Crackers
Instant mashed potatoes
Boxed cake, muffin and pancake mixes
Dried legumes
Popcorn kernels

OTHER

Gluten free items
Shelf-stable juice
Shelf-stable non-dairy milk
Granola bars
Jam
Peanut butter
Cooking oil
Individual apple sauces
Fruit cups
Tea

TOILETRIES

Bars of soap
Toothpaste
Menstrual products

CANNED GOODS

Cans of legumes (chickpeas, beans, lentils, etc.)
Canned tomatoes
Canned tomato paste and pasta sauce
Canned fish/seafood meat
Canned fruit
Canned vegetables
Canned soups

DONATE ONLINE:



DONATION PICK-UP FROM CAMPUS OFFICES:

November 3

To schedule a pick-up from campus offices visit uvic.ca/stocktober

