

# 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](https://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 DROP-OFF:

October 29 | 2:00-4:00 p.m.

Student Union Building (on Ring Road between The Cove and SUB).

## DONATION PICK-UP FROM CAMPUS OFFICES:

October 29

To schedule a pick-up from campus offices visit [uvic.ca/stocktober](https://uvic.ca/stocktober)