

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 and Fridays** from the Student Union Front Desk between 10am and 4pm. We will email you to confirm that we have received your request.

Contact Information – please print clearly

First name		
Date		
E-mail address		
Please indicate Wednesday or Friday pickup	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Friday
Allergies or dietary needs		

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>	<input type="checkbox"/> Peanut butter <input type="checkbox"/> Lentils	<input type="checkbox"/> Canned chicken <input type="checkbox"/> Canned salmon	<input type="checkbox"/> Spam
<i>Dairy Alternatives</i>	<input type="checkbox"/> Almond Milk <input type="checkbox"/> Soy milk	*One carton of either almond or soy milk will be provided.	<input type="checkbox"/> Evaporated Milk <input type="checkbox"/> Coconut Milk
<i>Grain and Gluten Free Products</i>	<input type="checkbox"/> Gluten Free Cereal	<input type="checkbox"/> Gluten Free Pasta <input type="checkbox"/> Rice Noodles	<input type="checkbox"/> Quinoa <input type="checkbox"/> Couscous
<i>Toiletries</i>	<input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste <input type="checkbox"/> Soap <input type="checkbox"/> Toilet Paper	<input type="checkbox"/> Body Wash <input type="checkbox"/> Deodorant <input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> Shampoo <input type="checkbox"/> Conditioner	<input type="checkbox"/> Tampons <input type="checkbox"/> Pads <input type="checkbox"/> Dish Soap <input type="checkbox"/> Laundry Detergent
<i>Other</i>	If there are other items that you have an urgent need for please let us know below: _____		

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

For Wednesday pickup – Your form must be submitted by 12:00pm on Tuesday

For Friday pickup – Your form must be submitted by 12:00pm on Thursday

OFFICE USE ONLY

Date filled: _____

Initials: _____