Back door mission for the relief of poverty. List of things that are needed.

Here is a list of things that are always needed by the back door mission.

Paper plates, napkins, Coffee, Coffee whitener, Hot chocolate. As these items are used everyday!

All items of food must be non perishable.

Please note, Not everyone has a stove or even a microwave or pots or pans for that matter.

Things that can be eaten cold are greatly needed too. Examples are, Canned stew, Canned meat, Canned spaghetti, Canned fruit, peanut butter, Nutrition bars, Juice boxes, Chunky soups, Crackers, Cookies. Apple sauce, Pudding, Fruit cups, Granola bars, Cereal bars, Cereal,

## List of items that are a great ideas to be donated to the back door mission

 Peanut butter, Crackers, Applesauce, Pudding, Fruit cups, Power bars, Single serving Chef-Boy-R-Dee items, Canned Ravioli, Single serving soups (with pull tab openings), Any type of juice boxes, Packaged nuts, Fruit snacks, Dried fruits, Spaghetti sauce, Canned fruit (with pull top openings), Individually packaged chips/pretzels/Goldfish, Pop tarts, Individual packets of oatmeal, Plastic spoons, Canned Tuna/Salmon.

## **Donate Clothes:**

We accept gently used clothing, linens, towels, blankets and shoes. We are currently in need of:

Our greatest need right now is winter boots (men's 10-12 and women's 8-9), and clear storage bins. We need them to store things like toothpaste, toothbrushes, soap and other toiletry items.

Please check out there website for futher info about this much needed cause we are supporting! <a href="https://www.backdoormission.ca/">https://www.backdoormission.ca/</a>