

FOOD BANK CARE KITS

Our YWS Food Bank provides healthy and nutritious foods for our past residents living within our community. On an average week, YWS can see around 15-20 youth drop by to collect a YWS food package. Around the holidays, this number can triple. Food packages include a variety of items to help provide breakfast, lunch, dinner, and snacks for those in need.

Looking to create a Food Bank Care Kit?

Here's a shopping list with everything you'll need to create a kit!

Reusable shopping bag (to hold all items)	
Cereal	
Juice or juice boxes	
Snacks - Granola bars and cookies	
Pasta and Sauce	
Small bag or box of rice	
1 can of fruits	
1 can of veggies	
2 cans of protein (tuna, corned beef, spam, etc.)	
Mr. Noodles/Ramen	
2 cans of soup	

Contact Varagi at varagi@yws.on.ca or 416-748-0110 ext. 62