

EMERGENCY HAMPER REQUEST

Pantry – a student food bank is in place to support students currently enrolled at UBC Okanagan who are experiencing food insecurity. If you are in need of emergency food or supplies please fill out the form below and send it back to us.

If you are in need of more than a few days of food, please contact one of the following
 Kelowna Food Bank - www.cofoodbank.com
 Lake Country Food Assistance Society - www.lakecountryfoodbank.org

Contact Information – please print clearly

First name	
Date	
E-mail address*	
Allergies or dietary needs	

* Only used so we are able to contact you when your hamper is ready for pickup

Check off what you need below. If there is something you are in need of that is not listed, please mention it in the “other” section. Please note we may not be able to provide everything you select depending on our stock, but we will try to substitute similar items if possible.

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"/> Canned tuna <input type="checkbox"/> Kidney beans <input type="checkbox"/> Chickpeas <input type="checkbox"/> Pork and Beans <input type="checkbox"/> Beans in tomato sauce <input type="checkbox"/> Black beans
<i>Canned Fruit</i>	<input type="checkbox"/> Canned pear <input type="checkbox"/> Canned peach <input type="checkbox"/> Canned orange
<i>Other Canned Items</i>	<input type="checkbox"/> Soups Preferred Flavours: <input type="checkbox"/> Canned pasta <input type="checkbox"/> Canned pasta sauce
<i>Dairy Alternatives</i>	<input type="checkbox"/> Almond Milk <input type="checkbox"/> Soy Milk <input type="checkbox"/> Coconut milk
<i>Grain Products</i>	<input type="checkbox"/> Cold Cereal <input type="checkbox"/> Oatmeal <input type="checkbox"/> Pasta <input type="checkbox"/> Gluten Free Cereal <input type="checkbox"/> Gluten Free Pasta <input type="checkbox"/> Rice <input type="checkbox"/> Mac & Cheese <input type="checkbox"/> Crackers <input type="checkbox"/> Granola bar
<i>Toiletries</i>	<input type="checkbox"/> Toothbrush <input type="checkbox"/> Toilet paper <input type="checkbox"/> Deodorant # ____ <input type="checkbox"/> Toothpaste <input type="checkbox"/> Soap M or F _____ <input type="checkbox"/> Shampoo <input type="checkbox"/> Conditioner <input type="checkbox"/> Tampons <input type="checkbox"/> Pads
<i>Other</i>	If there are other items that you have an urgent need for please let us know below: _____

Email all completed forms to pantry.foodbank@ubcsuo.ca and we will be in contact to arrange pick-up or drop off. Please give us at least 24 hours to complete any hamper requests.