



NELSON
community food centre

WISHLIST:

1. **NUTRITIONAL SUPPLEMENT
BEVERAGES SUCH AS BOOST OR
ENSURE**
2. **GRANOLA BARS/POWER BARS**
3. **HEALTHY SINGLE-SERVE SNACKS**
4. **CANNED MEAT, SOUPS, & CHILI
(POP-TOPS ESPECIALLY HELPFUL)**
5. **DRIED FRUITS, NUTS, OR SEEDS**
6. **PEANUT BUTTER (SALT & SUGAR
FREE)**
7. **CEREAL & INSTANT OATMEAL**
8. **CRACKERS**
9. **NONDAIRY MILK PRODUCTS**
10. **SMALL BOTTLES OF
COOKING/OLIVE OIL**