



## FOOD ITEMS AVAILABLE

Updated March 1, 2022

FRVG - FRUITS and VEGETABLES	Description	Servings	Notes
FRVG - Apples, 12	Bag of 12 apples	12	
FRVG - Apples, CASE	CASE of 140 apples	140	
FRVG - Applesauce cups	72 x 104 ml unsweetened	72	12 packs of 6 cups
FRVG - Baby carrots	454 g bag		
FRVG - Bananas, bunch (5-6)	5-6 bananas	6	
FRVG - Bananas, CASE	CASE of approx 80-90 bananas	80	40lb case; quantity varies
FRVG - Broccoli	1 crown or bunch broccoli		
FRVG - Celery	1 bunch of celery		
FRVG - Cucumber	1 english cucumber		
FRVG - Lettuce	1 head lettuce		
FRVG - Oranges, 12	Bag of 12 oranges	12	
FRVG - Oranges, CASE of 110	CASE of 110 (or 105) oranges	110	
FRVG - Pasta sauce	680ml can		
FRVG - Pineapple	540ml canned pineapple tidbits		
FRVG - Raisins, bulk	375 g bag		
FRVG - Raisins, individual	14 snack packs in bag (196g)	14	
FRVG - Sweet (red) peppers	1 sweet (red) pepper		
PROT - PROTEINS including dairy	Description	Servings	Notes
PROT - 2% Milk, carton	237 ml carton	1	
PROT - 2% Milk, CASE	CASE of 50 x 237 ml cartons	50	
PROT - 1% Milk, Bags	4L bagged milk		
PROT - 2% Milk, Bags	4L bagged milk		
PROT - Black beans	540ml can		
PROT - Cheddar cheese	Block of 400-450g		
PROT - Cheese Strings	Package of 16 x 21g	16	9 packages to a case
PROT - Cheese, individual portions	CASE of 100 x 21g	100	
PROT - Chicken	142g tin of flaked chicken		
PROT - Eggs, dozen fresh	1 dozen large eggs		
PROT - Eggs, hardboiled (single egg)	Individually packaged hardboiled eggs	1	
PROT - Eggs, hardboiled - CASE	CASE of 48 individually packed eggs	48	48 in a case
PROT - Hummus, pack of 4 cups	Package of 4 individual 57g cups	4	
PROT - Hummus, tub	454g container		
PROT - Peanut butter	500g smooth		
PROT - Soy beverage	946 ml fortified soy beverage		organic, unsweetened
PROT - Tofu	454g package		
PROT - Tuna	170g can, in water		
PROT - Wowbutter	500g jar toasted soy spread		
PROT - Yogurt cups	16 per package x 100g	16	

<b>WHGR - WHOLE GRAINS</b>	<b>Description</b>	<b>Servings</b>	<b>Notes</b>
WHGR - Breton Veggie-Bite crackers	Box of 6 indiv. 22g packets	6	May be limited
WHGR - Cheerios, box	900g box cereal		
WHGR - Cheerios, individual bowls	20g ready-to-serve individual bowl	1	
WHGR - Cheerios, indiv bowls, CASE	CASE of 96 individual Cheerios bowls	96	
WHGR - English Muffins	1 package 6 English muffins		
WHGR - Instant Oatmeal	Box of 12 packets	12	
WHGR - Muffins, Apple Cinamon	Case of 48 individually wrapped x 56g	48	Limit 3 cases any muffins
WHGR - Muffins, Banana	Case of 48 individually wrapped x 56g	48	Limit 3 cases any muffins
WHGR - Muffins, Blueberry	Case of 48 individually wrapped x 56g	48	Limit 3 cases any muffins
WHGR - Pasta, macaroni	900g bag macaroni dry pasta		
WHGR - Quaker Chewy Bars	Box of 5 bars	5	
WHGR - Quaker Chewy Bars, CASE	CASE of 12 boxes x 5 bars	60	Limit of 2 cases
WHGR - Shreddies	550g box cereal		
WHGR - Tortillas	1 package of 10 tortillas		
WHGR - Triscuit crackers	200g box		
WHGR - Whole wheat Bagels	1 package of 6 bagels		
WHGR - Whole wheat Bread	1 loaf		
WHGR - Whole wheat Pita	1 package 5 pitas		
<b>XTRA - Supplies and condiments</b>	<b>Description</b>	<b>Servings</b>	<b>Notes</b>
XTRA - Cereal bowls	Sleeve of 50 foam bowls (300ml/ 10oz)		
XTRA - Cream Cheese	227g container		
XTRA - Dishwasher detergent	1.8kg box powdered dishwasher deterg.		Limit 1 per month
XTRA - Dishwashing liquid	1L bottle dishwashing liquid		Limit 1 per month
XTRA - Jam	500ml jar (Strawberry)		
XTRA - Margarine	454g container		
XTRA - Mayonnaise	890ml jar		
XTRA - Paper plates	9-inch paper plates, 100		
XTRA - Plastic Forks (36)	36 per package		
XTRA - Plastic Knives (36)	36 per package		
XTRA - Plastic Spoons (new size 100)	100 per package		
XTRA - Ranch Dressing	475ml bottle		
XTRA - Sandwich bags	Box of 100 zipper sandwich bags		16.5cm x 14.9cm