



Centre de ressources communautaires
RIDEAU-ROCKCLIFFE
Community Resource Centre

Overbrook • Forbes • Carson Grove • Manor Park
Lindenlea • Rockcliffe • New Edinburgh



RRCRC EMERGENCY FOOD BANK



Over 1,300 community members visit the RRCRC Emergency Food Bank every month.

Need for our Emergency Food Bank, Community Fridge and Baby Cupboard services are at an all-time high.

Help us combat food insecurity in your neighbourhood. Donate today.



<https://www.crcrr.org/foodbank>



RRCRC EMERGENCY FOOD BANK DONATIONS

MOST NEEDED ITEMS:

- Peanut Butter
- Whole Wheat Pasta
- Rice (brown, wild, white)
- Sugar, Salt, Spices
- Low-Sugar & Low-Sodium Products
- Gluten-Free Products
- Cooking Oil
- Coffee/Tea

BABY & TODDLER:

- Baby Food Pouches
- Baby Shampoo
- Cookies/Crackers for Toddlers
- Unscented Wipes
- Pull Ups 2T-5T

TOILETRIES:

- Toothbrushes
- Toilet Paper
- Soap (hand, dish, laundry)
- Adult Diapers

SCHOOL SNACKS:

- Juice Boxes
- Fruit Cups
- Crackers
- Granola Bars (Peanut-Free)

**HELP US COMBAT FOOD
INSECURITY IN
YOUR NEIGHBOURHOOD.
DONATE TODAY.**

