



**“Extending a hand up”  
on the North Shore since 1993**

## **2026 MOST NEEDED ITEMS**

**Thank you for donating food for our Grocery Support Program.**

**We are specifically looking for the items listed below  
as our storage space is limited.**

**We are only listing the items we are short of for the next 6 months.**

**Thank you for your understanding.**

**Updated March 23<sup>rd</sup> 2026**

Canned Fruit and Fruit Cups

Jams

Spreads – Nutella, Nut butters .....  
**(No Peanut Butter)**

Coffee (1lb pack ground)

Flour, Sugar, Salt, Pepper (All 1-2lb  
packs maximum)

Oil, Vinegar (500ml)

Pasta Sauces **(No dry Pastas)**

Shampoo

Conditioner

Toilet Paper

Feminine Hygiene Products

Dish Soap

Laundry Soap

Dishwasher Soap

[www.HarvestProject.org](http://www.HarvestProject.org) / Charity Registration Number: 140525205RR000

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