



Extending a hand up on the North Shore since 1993

2026 MOST NEEDED ITEMS

Thank you for supporting Harvest Project with your food donations.

We regularly update our most-needed items list based on the needs of the individuals and families we serve. At this time, we are especially seeking the healthy items listed below, as they are rarely donated and are always in high demand.

If you're able, we kindly ask that you choose items from this list when making your donation. Thanks to the support of our community partners, we are generally able to source many of our other grocery items through different channels.

Thank you for helping us provide nutritious food to those who need it most. We truly appreciate your generosity and understanding.

- 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
(Tomato + Cream Base)
- Shampoo
- Conditioner
- Toothbrushes
- Toothpaste
- Deodorant
- Toilet Paper
- Feminine Hygiene Products
- Dish Soap
- Laundry Soap
- Dishwasher Soap

www.HarvestProject.org / Charity Registration Number: 140525205RR000

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