

2022

Summer Wish List

Survival Items

- New underwear (men's & women's)
- Men's jeans, sizes 31 - 42
- Men's runners, sizes 11 & 12
- Men's socks
- Disposable razors (men's & women's)
- Deodorant (men's & women's)
- Feminine hygiene products
- Lip balm/chapstick
- Toothbrushes
- Toothpaste
- Laundry detergent
- Dryer sheets
- Polysporin

Daily Meal Program Items

- Coffee
- Rice
- Macaroni/Lasagne noodles
- Pasta sauce
- Tomato sauce
- Sugar
- Flour
- Mushroom soup
- Barley soup
- Non-stick cooking spray
- Fruit juice/juice crystals
- Breakfast sausage
- Eggs
- Cheese slices/block
- Sandwich meats
- Cheese slices/block
- Sandwich meats
- Canned meat/fish
- Peanut butter
- Jam
- Pancake syrup
- Chocolate chips
- Mini marshmallows
- Kernel corn
- Ketchup
- Plastic wrap
- Parchment paper
- Ziploc bags (small & large)
- Paper towel

Did You Know?

Your support makes a direct impact! When you give to The Mustard Seed Medicine Hat, your donation makes a difference in the life of someone in the community going through hard times, whether it's by providing a pair of shoes or a warm meal – **you are helping those in need!**

All donations can be dropped off at:

The Mustard Seed Community Centre
503A Allowance Ave SE
Medicine Hat, AB T1A 3E4

T: 403-504-0342

E: InfoMedicineHat@theseed.ca

Mon. - Fri. 9 a.m. - 2 p.m.

TheSeed.ca



Scan for our
list of urgently
needed items

