

## Donate to the CCSAI Food Bank

Donations are accepted at the ProgressCampusStudent Centre on the First Floor, Student Supports Office or directly at the Food Bank on the Lower Level.

### Dates & Times for Donations

Monday & Wednesday from 10 AM to 3 PM

Tuesday & Thursday from 9 AM to 4 PM

Friday from 9 AM to 4 PM

Contact us at [Info@CCSAI.ca](mailto:Info@CCSAI.ca) or email our Services Coordinator,  
Michelle Bhajan, Student Supports Lead  
[mbhajan@centennialcollege.ca](mailto:mbhajan@centennialcollege.ca)

## What to Donate

Before donating, please ensure food is stored properly in its original packaging, food is kept at safe temperatures until dropped off and ensure ingredient and allergen labels are visible.

### Monetary & gift card donations

- Gift card donations of \$10 for individuals and \$20 for families.
- Monetary donations can be made online to Centennial College via their [Donate Now](#) page, [MyAppForm.CentennialCollege.ca/DonateNow](https://MyAppForm.CentennialCollege.ca/DonateNow).

### Fresh Produce & Dairy Food Items

Please ensure dairy and fresh food items are kept at food-safe temperatures until they are dropped off.

- Milk
- Yogurt
- Meat products
- Potatoes
- Apples
- Oranges
- Onions
- Lettuce
- Bell Peppers

### Non-perishable Food Items

- Canned vegetables (corn, peas, beans, carrots, tomatoes)
- Canned fruits (peaches, pineapples, pears, applesauce)
- Canned protein (tuna, salmon, chicken, beans, lentils)
- Canned soups and stews
- Rice (white / brown)
- Pasta and noodles
- Oatmeal and breakfast cereals
- Quinoa, couscous, and barley
- Peanut butter or other nut butters
- Dry or canned beans and lentils
- Powdered milk
- Granola bars and protein bars
- Crackers and rice cakes
- Dried fruit and nuts
- Instant noodles and packaged soups
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### Personal Care and Hygiene Items

- Toothpaste
- Bar Soap
- Body Wash
- Yoghurt
- Shampoo
- Conditioner
- Deodorant
- Pads
- Tampons
- Tissues (pocket sized)

### What NOT to Donate

- Expired or recalled food items
- Damaged, dent, rust or soiled food items
- Home prepared food