

# Little Free Pantry Project



This mini pantry is an easy way for neighbours to help neighbours who need food or hygiene items. Essentially, it is like a mini food bank. The pantry is located just in front of Backyard Birds Nature Shop, at 15-100 King Street in the City Centre in Spruce Grove. It is available 24/7, for anyone to take items they need, or give items if they can. The owners of Backyard Birds are the stewards of the project, but the pantry belongs to all of us. Please take care of it and the space around it. If you can, clean up messes around it and please don't litter.

The Little Free Pantry project has taken off across North America, with hundreds of pantries popping up across Canada and the United States. Learn more about the Little Free Pantry project by visiting [this site](#).

## **Take what you need.**

If you find items inside and you need them, take them and know we care about you. Please remember the mini pantry belongs to all of us, so only take the items you need, trusting that the mini pantry will be here for you again when you need it.

## **Give what you can.**

You are welcome to place food or hygiene donations inside the pantry. Give what you would want to receive. No gift is too small! In winter, please try to avoid donating items that will freeze if left outdoors. We do save any freeze-able items for warmer days, so they are still useful to us!

## **Health & Safety**

Note: We follow [Alberta Health Services regulations for community pantries](#) and this project is monitored daily to ensure we are keeping community members safe and to ensure there is nothing in the pantry that shouldn't be there.

## **Contact**

If you have any questions regarding the Little Free Pantry project or are interested in getting involved, please feel free to contact Alana at 780-948-8597.

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## Commonly Needed Items

<b>Dry Food Items to Cook</b> <ul style="list-style-type: none"><li>• Macaroni &amp; Cheese, bags of pasta</li><li>• Rice (Instant or Fast&amp;Fancy)</li><li>• Mr. Noodles or other ramen</li><li>• Dry soup mixes</li><li>• Cake mix</li></ul>	<b>Toiletries</b> <ul style="list-style-type: none"><li>• Travel-sized shampoo &amp; conditioner</li><li>• Bars of soap</li><li>• Hand wipes</li><li>• Toothbrush/toothpaste</li><li>• Feminine hygiene products</li></ul>
<b>Drinks</b> <ul style="list-style-type: none"><li>• Bottles of water</li><li>• Juice boxes</li><li>• Cartons of almond/soy milk</li><li>• Tea bags</li><li>• Coffee (instant or regular)</li></ul>	<b>Clothing &amp; Blankets</b> <ul style="list-style-type: none"><li>• Hats, toques</li><li>• Mittens, gloves</li><li>• Socks</li><li>• Lap blankets</li><li>• Scarves</li></ul>
<b>Snacks (don't need to be cooked)</b> <ul style="list-style-type: none"><li>• Crackers</li><li>• Rice Cakes</li><li>• Sesame Snaps</li><li>• Granola Bars</li><li>• Chocolate Bars</li><li>• Cookies (especially soft ones, oreos)</li><li>• Fruit Snacks (gummies or strips)</li><li>• Trail Mix, raisins, dried fruits</li><li>• Cracker &amp; tuna kits</li><li>• Fruit cups, applesauce, pudding cups</li><li>• Popcorn, pretzels</li></ul>	<b>Utensils &amp; Supplies</b> <ul style="list-style-type: none"><li>• Can openers</li><li>• Plastic forks, spoons, knives</li><li>• Purse-sized Kleenex packs</li><li>• Deodorant</li><li>• Toilet Paper</li><li>• Chapstick</li><li>• Handwarmers</li><li>• Hairbrushes, combs</li><li>• Masks</li><li>• Small hand sanitizer bottles</li></ul>
<b>Canned Goods</b> (we only put these out on warmer days) <ul style="list-style-type: none"><li>• Soups/stews/chili</li><li>• Chef Boyardee/Alphagettis</li><li>• Canned meats (chicken, ham, etc)</li><li>• Canned veggies (corn, beans, etc)</li><li>• Pasta sauces</li><li>• Canned pie filling</li></ul>	<b>Breakfast Items</b> <ul style="list-style-type: none"><li>• Pop tarts</li><li>• Oatmeal (instant quaker packs)</li><li>• Cereal (small size/mini camping ones)</li><li>• Peanut butter, jelly, jam</li><li>• \$5 Tim Hortons Gift Cards</li></ul>

Keep in mind, we have a diverse group of people who use the Little Free Pantry:

- Some are houseless/transient, and do not have a way to cook food or open cans.
- Some have a home and a way to cook things but cannot afford groceries.
- Some are families who cannot send lunch/snacks to school with their kids.
- Some are seniors who can't chew hard food.