

## Food Bank Guidelines

*Updated May 2016*

**Current UVic students** (graduate or undergraduate) are welcome to use the food bank. Volunteers may ask to see your student ID. You may access the food bank **ONCE per week**; however, as we are frequently out of popular items, you may come back on different days for different items (e.g. Come on Monday to get canned goods, and Tuesday to pick up milk).

Please **bring your own grocery bags and containers** for bulk foods! Once you've helped yourself to the items you need, you must fill out our **data tracking form** (available on the volunteer desk). If you come more than once in a week for different items, please only fill out the form once. This form helps us keep track of how many folks are using the food bank.

Families may take **DOUBLE** all of the posted amounts. To qualify as a family, you must either be supporting a child or children, or be supporting at least two other people (e.g. yourself, your partner, and your sister).

It is very important that our guidelines are respected to ensure that our resources are shared fairly. Please familiarize yourself with the amounts below!

1 of each	2 of each	3 of each	5 of each
-Milk OR milk alternate (not both) -Four-pack of eggs -Loaf of bread or bag of buns -Canned tuna -Onion -Garlic -Household items (e.g. toilet paper, soap, toothpaste, etc.)	-Miscellaneous items -Potatoes -Canned fruit -Canned vegetables -Bulk bags (2 scoops per bag) -Canned soup -Mr. Noodles and Kraft Dinner -Snacks (e.g. granola bars, crackers, applesauce, etc.) -Mini bags of spices	-Canned beans	-Fresh fruits and vegetables