



**FOOD CENTRE**

CARLETON UNIVERSITY FOOD CENTER

# HAMPER REQUEST FORM

DATE SUBMITTED

NO. OF DEPENDANTS

AGE

ARE YOU ENROLLED AT CARLETON?

Y

N

INTERNATIONAL STUDENT

Y

N

## CLIENT INFORMATION (please fill out in full)

NAME

CARLETON ID #

DIETARY RESTRICTIONS

food allergies, vegan/vegetarian, religious

CONFIDENTIAL CLIENT CONTACT INFO

EMAIL ADDRESS (does not need to be a Carleton Email)

Phone Number

## FOOD ITEM REQUEST LIST (please check approximately 15 desired items)

REFRIGERATED / FROZEN

- EGGS (1/2 DOZEN)
- MARGARINE
- MILK (1 LITRE)
- BREAD
- FROZEN MEAT / FISH

DRY GOODS

- RICE
- PASTA
- CEREAL / OATMEAL
- MACARONI AND CHEESE
- CRACKERS
- PEANUT BUTTER
- FLOUR
- CAKE / MUFFIN MIX

CANNED GOODS

- PASTA SAUCE
- BAKED BEANS
- CANNED BEANS
- CANNED TUNA / SALMON
- STEW
- BABY FOOD / CEREAL
- CANNED FRUIT
- CANNED VEGETABLES
- SOUP

SNACKS (if available)

- ASSORTED SNACKS / TREATS

BEVERAGES

- COFFEE
- TEA
- JUICE
- SODA WATER

PERSONAL / HOUSEHOLD

- FEMININE HYGENE PRODUCTS
- DIAPERS (size )
- TOILET PAPER
- SHAMPOO / CONDITIONER
- TOOTHPASTE / BRUSH
- BODY WASH / SOAP

REMINDER: Students are limited to place a hamper request once every 3 weeks. We ask that you wait 1 business day before picking up requested items. Please bring your own bags (2-3).