



Hospitality and Meal Program

Weekly Shopping List

Know what it takes to serve over 300 each week?

Every week, our kitchen goes through hundreds of pounds of produce and dry goods. Here is a list of our current **weekly** needs:

- 50 lbs - Onions
- 50 lbs - Carrots
- 50 lbs - Celery
- 150 lbs - Potatoes
- 50 lbs - Shredded cheese
- 20 lbs – Margarine
- 250 lbs - Any fruit (fresh or canned)
- 50 lbs - Lettuce (Romaine or Iceberg)
- 20 lbs - Mushrooms(any kind)
- 25 lbs - Tomatoes
- 25 lbs - Cucumbers
- 50 lbs - Ground beef
- 50 lbs – Pork (any type)
- 50 lbs – Chicken (any type)
- 50 lbs - Frozen vegetables
- 75 lbs – Coffee
- 50 lbs – Sugar
- 50 lbs – Rice
- 25 lbs - Canned tomato sauce
- 75 lbs - Canned Beans
- 50 lbs – Pasta
- 100 litres - Milk or Coffee Cream

Visit www.firstunited.ca/call-to-action-meals for an updated list of our kitchen grocery needs.

Have questions about our ongoing meal program? Contact Natalie at natalie.lanoville@firstunited.ca or 604-681-8365 ext. 104