

COVID-19 COMMUNITY RESPONSE TEAM

FOOD PANTRY AND HOUSEHOLD ESSENTIALS

- We need donations of non-perishable foods and other essential items. See back of page for list of key items.
- We need volunteers to sort and package items for seniors.



GROCERY DELIVERY

- We need volunteers to deliver food and essentials for seniors who are not able to shop, or do not feel safe leaving their homes.

MEALS ON WHEELS

- We are continuing this essential program during the COVID-19 pandemic.
- Hot and frozen meals delivered to seniors' doors 7 days a week for a low cost.
- We need additional volunteer drivers with access to a vehicle.

SECURITY AND WELLNESS CHECKS

- We need volunteers to phone isolated seniors in the community.
- Phone calls are a security check as well as an opportunity for socialization.



**Interested
in volunteering?**

Call: 416-481-0669 ext. 1204

Email: volunteer@sprintseniorcare.org

**Interested in receiving
one of these services?**

Call: 416-481-0669 ext. 1225



Most-needed items

Most-needed non-perishable food items:

- Apple sauce
- Tuna or canned meat
- Dry or canned beans, peas, and lentils
- Cereal
- Crackers
- Soft granola bars
- Ovaltine, Ensure, Boost
- Canned soup & stews
- Peanut butter & jams
- Instant oatmeal
- Juice boxes
- Coffee & teas
- Pudding
- Nuts and dried fruit
- Canned evaporated milk
- Macaroni & cheese

****NOTE: Please ensure items have not expired.**

Most-needed personal care items:

- Incontinence products (size M, L & XL)
- Shampoo
- Hand soap
- Body wash/bar soap
- Deodorant
- Toothpaste
- Toothbrush
- Mouthwash
- Toilet paper
- Tissues

Items can be dropped off at 140 Merton St., 2nd Floor (Yonge/Davisville)
Monday to Friday between 8:30 a.m. and 4:30 p.m.