



**Ideas for food that CAN be sent to Canada**

- Cereal
- Salad Dressings
- Baking products
- Cake Mixes
- Canned Fruit
- Canned Vegetables not on the list of restrictions
- Canned Tomato products
- Fruit drink concentrate
- Dried fruits
- Pasta products
- Dried beans
- Cooking products
- Oils
- Seasonings
- Flour
- Sugar
- Condiments

**Personal Gift Boxes:**

If you have a friend or relative currently serving at NYP, you can send them a gift box. The Canadian Border restricts how much can be sent from one person in the US to a person in Canada to \$50 value. If you want to send more than \$50 value gift box, you need to have friends or family members send the extra boxes with each not containing more than \$50 value. If you want to send gift boxes to families serving at NYP, you could also send a box to each family member as long as each box contains no more than \$50 value.

A form needs to be attached to each box and filled out. This form is available online at [nyp.ca](http://nyp.ca).

**Here is a list of food items that CANNOT be sent to Canada from the US on the US food truck:**

**(DO NOT SEND)**

**Dairy Products**

- Milk
- Cheese
- Butter
- Other Dairy Products
- Margarine or Butter Substitutes

**Eggs and Egg Products**

**Meat or Meat Products**

- Turkey
- Chicken
- Beef
- Pork

**Root Crops**

- Potatoes
- Beets
- Yams
- Carrots
- Onions
- Sweet Potatoes
  
- Pet Food
- Flowers and potted plants
- Any soils

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