

WHAT TO DONATE TO A FOOD BANK ?

LIST OF HEALTHY NON-PERISHABLE FOODS YOU CAN DONATE

Non-Perishable Food Items

Foods items that are healthy, nutritious, wholesome and minimally processed are in demand among those who need food support.

Use this list as a guide when donating to your local food bank/ food drive.



CANNED FOOD*

- Canned salmon, tuna and sardines packed in water or olive oil
- Canned chicken and turkey
- Canned Vegetables
- Canned fruit packed in water
- Canned/boxed soups and stews
- Pureed food (pumpkin, applesauce, squash)
- Canned beans, lentils and legumes

**When choosing canned items, look for low sodium - <10% sodium daily value.*



DRIED FOOD*

- Whole grains (quinoa, spelt, barley, pasta)
- Rice (brown, parboiled and wild)
- Plain Steel-cut or rolled oats
- Whole grain crackers
- Whole grain granola bars*
- Whole grain dry cereals*
- Beans, lentils and legumes
- Dried fruits - no added sugars (prunes, mangoes, apricots, raisins)

**When choosing granola bars and cereals, aim for minimal added sugar and >4g fibre.*



OTHERS

- Low-fat dry or shelf-stable milk
- Unsweetened milk alternatives (soy, almond, oat, cashew)
- Oils (canola, olive, avocado)
- Tea
- Dried herbs and spices (no-salt spice blends)
- Popcorn kernels



NUTS AND SEEDS

- Unsalted seeds (sunflower, sesame, pumpkin)
- Unsalted nuts (almonds, walnuts, pistachios, pecans)
- Natural nut butters (peanut, almond, walnut)

For more information, check out the West Toronto Diabetes Education Program or call 416-252-1928.



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