

TOP FOOD BANK ITEMS

The top food bank items are staples that are easy to incorporate into meals.

Canned Tomatoes



Used in all cultures
Versatile - can be used in many dishes
Most brands contain no additives
Shelf stable produce

Canned Beans



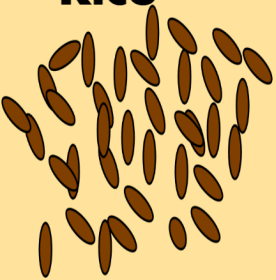
Excellent source of protein and fibre
Can reduce 'bad' cholesterol
Used in all cultures
Great source of iron

Canned Fish



Expensive item for tight grocery budgets
A source of healthy fat
High in protein
Easy to incorporate into salads and pastas

Rice



Healthy carbohydrate
Used in all cultures
Various selections
An excellent source of vitamins and minerals like niacin, vitamin D, calcium, fibre and iron

Household Size Oil



Expensive item for tight grocery budgets
Allows easier absorption of nutrients
Useful in cooking and baking
A source of healthy fat

All food bank programs have high demand for these staples

When paired, these food contain all macro-nutrients: protein, fat & carbohydrate

Many food bank users lack protein in their diet. Beans & Fish are excellent sources

Families right in your neighbourhood are always in need of these basic pantry items.

These items come together to easily prepare a nutritious meal

Food Bank Donations