

Foodbank Donation List

suggested nutritious non-perishable food items:

- Oatmeal
(regular, no added sugar if possible)
- Pot barley
- Whole-grain high-fibre/whole wheat
dried pasta
- Brown rice
- Couscous *(whole wheat is best)*
- Canned salmon or tuna
- Canned beans
(chickpeas, lentils, kidney beans)
- Peanut butter
- Tomato sauce
- Pasta sauce in jars
- Canned vegetables and fruit
(no added sugar or salt if possible)