

# Healthy Ideas for Food Bank Donations

Your donations can help people meet  
Canada's Food Guide recommendations.



## Vegetables and Fruit

Include some dark green and orange choices with little or no added fat, sugar or salt.

- Canned vegetables
- Canned fruit & 100% juices
- Tomato/pasta sauce
- Vegetable soups

## Milk and Alternatives

Low fat milk or fortified soy beverage is needed daily.

- Dry powdered milk
- UHT "tetra pack" milk or fortified soy beverage
- Evaporated milk, skim, 1% or 2%
- Custard & pudding mix

## Grain Products

Choose whole grain items and brands that are lower in fat, sugar and salt.

- Whole grain cereals
- Rice, converted or parboiled
- Whole grain crackers
- Whole wheat pasta

## Meat and Alternatives

Choose lean meat products, fish, and alternatives prepared with little or no added fat or salt.

- Canned salmon & tuna
- Canned meat & stews
- Peanut butter
- Canned baked beans

Donate foods that contribute  
to healthy eating.

