

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.



Developed by a Registered Dietitian at the Simcoe Muskoka District Health Unit in collaboration with local food banks.