

## What About Fresh Foods?

- The lists of foods to donate do not include fresh milk, breads, meat, or vegetables and fruits because they are perishable and/or require refrigeration. Canned foods can be a convenient healthy alternative to fresh foods.
- Home-made food dishes or home canned products will not be accepted at food banks.
- Compare food labels to choose packaged foods with lower sugar, sodium (salt) and fat, and remember to check the “best before” date.
- Fresh garden produce may be accepted by some food banks. Call your local food bank and check.
- Food banks will not distribute food products with codes listed on the Canadian Food Inspection Agency food recall page [www.inspection.gc.ca](http://www.inspection.gc.ca)
- Many food banks use donated money to buy much of the nutritious food provided and also vouchers for fresh food.

## Product Sizes

- Large sized donations of dry foods are often repacked, sealed and labeled by food banks into individual or family sized units.
- Single servings of foods like fruit cups, pudding cups and 100% fruit and vegetable juice boxes are easy and safe to transport for children’s school lunches.

## Other Helpful Items

Food bank boxes may also contain some items that are not in the four food groups to help in meal preparation and enjoyment.

Vegetable Oil – Seasoning Mixtures – Bouillon Cubes

Coffee – Tea – Cocoa



Tel: 705-721-7520  
Toll free: 1-877-721-7520  
[www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)  
*Your Health Connection*

## Food Bank Donations

### -Healthy Ideas-

Working Together in Simcoe Muskoka  
Towards a Healthier Hunger-free Community

Hunger hurts. People who do not have enough food to eat are likely to get sick more often.

Food bank usage remains high in Ontario:

In March 2011, 395,000 Ontarians were served by food banks, including 148,000 children

All people need nourishing foods. The food donation guidelines in this brochure, based on Canada’s Food Guide, help nourish people with healthy foods. Donated money is used to buy foods packed with good nutrition. Thank you for investing in the health of the people in your community.



Get your copy of *Eating Well with Canada's Food Guide*

Call the Simcoe Muskoka District Health Unit

At 1-877-721-7520 or visit

[www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)

or Health Canada [www.healthyeating.ca](http://www.healthyeating.ca)

Donate foods that contribute  
to healthy eating.

The donations listed can help people meet the  
recommendations of Canada's Food Guide.

### Vegetables and Fruit

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

- ☐ Canned fruit, packed in 100% juice or water
- ☐ Applesauce, unsweetened
- ☐ Fruit cup, unsweetened
- ☐ 100% fruit juice, (plastic bottles/canned/cartons)
- ☐ 100% fruit juice boxes
- ☐ Dried fruit (raisins, figs, prunes, apricots)
- ☐
- Canned vegetables, low-sodium (salt) brands
- ☐ Canned tomato juice or vegetable cocktail
- ☐ Individual vegetable juice boxes
- ☐ Tomato/spaghetti sauce
- ☐ Vegetable soup
- ☐ Salsa

### Meat and Alternatives

Select lean meat products, fish, and alternative  
prepared with little or no added fat or salt.

- ☐ Canned baked beans
- ☐ Canned or dried black beans, chickpeas, lentils, kidney beans, or white beans
- ☐ Nuts, canned or sealed bags, low or no salt
- ☐ Canned meat stews
- ☐ Canned tuna(light), salmon, ham or chicken
- ☐ Dried soup mixes with beans
- ☐ Canned soup with split peas or beans
- ☐ Peanut butter and other nut butters

### Grain Products

Include whole grain items in your donation and  
select brands that are lower in fat, sugar and salt.

- ☐ Cold cereal, not sugar coated
- ☐ Hot cereal
- ☐ Rice, brown, converted or parboiled
- ☐ Pasta, whole wheat
- ☐ Macaroni & cheese mix
- ☐ Individual oatmeal packets
- ☐ Crackers, whole grain with fewest other ingredients

### Milk and Alternatives

Canada's Food Guide recommends people drink  
low fat milk or a fortified soy beverage each day.

- ☐ Dry powdered milk
- ☐ UHT 'tetra pack' milk
- ☐ Evaporated milk (skim, 1% or 2%)
- ☐ UHT 'tetra pack' fortified soy beverage
- ☐ Custard and pudding mixes (to mix with milk)
- ☐ Individual milk puddings

