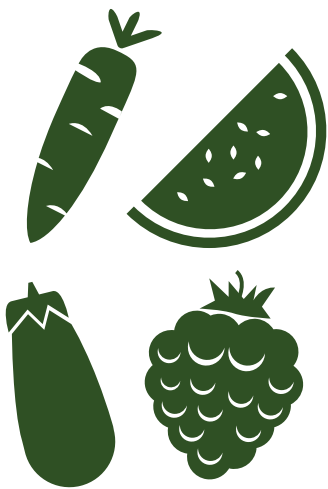




Donating Nutritious Food to the Food Bank

If you are thinking of making a food bank donation, please consider **these nutritious items** in this handy list:



VEGETABLES & FRUIT

- Sodium-reduced tomato sauce
- No-salt-added canned vegetables
- Fruit canned in water
- Fruit cups with no added sugar
- Low sodium vegetable soups and chilies

WHOLE GRAINS



- Oats and unsweetened "regular" or "natural" oatmeal
- Pot barley
- Quinoa
- Buckwheat
- Whole grain flour
- Whole grain or high fibre bran cereals
- Whole grain pasta
- Brown rice

PROTEIN



- Canned tuna, salmon or sardines
- Canned chicken
- Canned no-salt-added chickpeas, lentils and beans
- Dry peas, beans and lentils
- Peanut butter or other nut butters
- Unsalted nuts, seeds or soy nuts
- Skim milk powder
- Evaporated milk
- Soy beverages in tetra pack containers