

FOOD BANK SHOPPING LIST

Fruit



- Mixed fruit canned in water
- No added sugar fruit cans or cups



Veggies



- Low sodium vegetable soup and chili
- No added salt canned veggies
- Low sodium tomato sauce



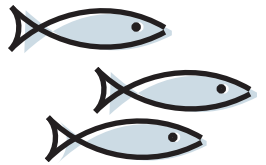
Grains & beans



- Pre-packaged pot barley, quinoa, buckwheat
- Family size bag of brown rice
- Canned no-salt-added chickpeas, lentils
- Whole grain flour
- Pasta and cereal



Protein



- Canned tuna, salmon or sardines
- Canned chicken, no salt added
- Peanut butter or other nut butter
- Unsalted nuts, seeds or soy nuts



TIPS:



Check expiry dates before you donate.



Look for deals on multiple purchases to make your donation more impactful.



Add items to every shopping list and turn donating to your local food bank a habit!