

# FOOD DONATION GUIDELINES

## Some food for thought...

1. Consider choosing foods that are low in sugar and sodium
2. Consider choosing whole grain alternatives that can help contribute to a healthy diet.
3. Please check best before dates before donating.

## WE ACCEPT...

- Canned fruit and vegetables
- Canned beans, meats and fish
- Dry goods such as pasta, rice, grains and cereals
- Sauces, baking ingredients and condiments
- Soups, stews and instant dinners
- Coffee, teas, juices
- Toiletries and personal hygiene supplies

## UNFORTUNATELY, WE DO NOT ACCEPT...

- Home canned goods of any kind
- Items that have been opened or partially used
- Items that are not in their original packages
- Cans/packages with severe damage or without labels
- Fresh/Frozen meats including uninspected wild game
- Dairy products or eggs