

NON-PERISHABLE FOOD

Canned Meat
Canned Fruit
Canned Vegetables
Jam/Jelly/Honey
Soup
Chunky Soup
Pasta & Sauce
Peanut Butter
Rice (1kg bags)
Flour
Sugar
Oats

Cereals

FRESH/FROZEN FOOD

to be dropped off at foodbank

There is always a need for fresh or frozen: Produce Dairy Meat products

Location: 33914 Essendene Ave

Hours for drop off: Mon-Thursday 9am-4pm

604-859-5749 www.abbotsfordfoodbank.com

Tips for giving food

Think of buying the same types of food you and your family enjoy on a regular basis

Look for items that are on sale and buy extra items to put in your grocery store's food bank bin

(Safeway, Save-on-Foods, Superstore, Costco all have donation bins)

Get your kids involved in picking out food for the food bank

and Remember...



Don't feel like printing?
Take a Picture of the list on your Phone