



# How to Donate Fresh Food

We accept any *unopened* **fresh or frozen** items

If you plan to donate fresh or frozen food to the Abbotsford Food Bank please plan to drop it off early in the week. (Monday to Wednesday is best!)

We now have a refrigerated vehicle! If you would be interested in having a driver pick up a larger order of fresh food please call 604-859-5749.

## Items greatly appreciated:

### Dairy

- Milk
- Yogurt
- Cheese
- Etc.

### Meat Products

- Beef
- Chicken
- Eggs
- Etc.

### Produce

- Any vegetables and/or fruit from your garden
- Any purchased or gleaned fruits, berries, vegetables, etc.

According to the **Safe Food Handling** guidelines set up by Food Banks Canada, regretfully **we cannot accept the following items:**

- Self-canned goods (vegetables, fruits, meats, etc.)
  - Homemade breads
- Bulk bags of unlabeled items
- Non-store bought meats
- Unpasteurized dairy products

### Drop Off Location:

33914 Essendene Avenue  
 Abbotsford, BC, V2S 2H8

### Drop Off Time:

Monday to Thursday, 8:30 am to 3:30 pm  
 Friday, 8:30 am to 3:00 pm

Any Questions?  
 Give us a call at 604-859-5749

