

Shopping List

Top 3 Needed Items



Hearty Soup



Canned Meat



Canned Vegetables



Fresh/Frozen Food

- Produce
- Dairy
- Meat Products



Non-Perishable Food

- Peanut Butter
- Canned Meat
- Canned Vegetables
- Soup
- Pasta and Sauce
- Rice (1 kg bags)
- Cereals/Granola Bars
- Canned Beans
- Jam/Jelly/Honey
- Crackers
- Canned Fruit



Tips for Giving Food

- Look for items that are on sale and buy extra to put in the grocery store's food bank bin
- Think of buying the same type of items your family enjoys on a regular basis
- Get your kids involved in picking out items to donate

Remember!



The Food Bank's buying power makes your money go further!

Drop Off Locations



- Main Office Address: 33914 Essendene Avenue
- Donation Bins: Safeway, Save-On and Superstore

Drop-Off Times at Office:



- Monday-Thursday, 9:00 am to 4:00 pm
 - Friday, 9:00 am to 3:00 pm

