

GOOD FOOD LIST

WE LOVE DONATIONS OF:

DAIRY

Milk
Cheese
Yogurt
Cottage Cheese

PROTEIN

Eggs
Peanut Butter
Nuts
Sardines
Canned Fish (Tuna & Salmon)
Fresh Meat (ground beef, chicken)

FRUITS & VEGETABLES

Fresh Fruit
Fresh Vegetables
Canned Fruit (no sugar added)
Canned Vegetables (low salt)
Applesauce
Fruit Cups
Raisins

STAPLES

Bread
Healthy Cereal (Cheerios, Corn Flakes, Wheaties, etc)
Flour
Sugar
Oatmeal
Rice
Lentils
Barley
Dried Beans
Canned Beans
Pasta
Pasta Sauce
Canned Tomatoes
Condiments (ketchup, mustard, jam)
Honey
Salad Dressings
Cooking Oil
Spices (no salt)
Baking Powder & Baking Soda

BEVERAGES

Coffee
Tea
Frozen juice concentrate

OTHER

Granola Bars
Nutritional Supplements (Boost, Ensure, etc)
Baby Food

HEALTHY EXTRAS

Tooth Paste
Tooth Brushes (Adult & Children)
Toilet Paper
Soap & Shampoo (travel sizes too)
Feminine Hygiene Products
Diapers & Baby Wipes
Laundry Detergent

Or visit us at www.parkdalefoodcentre.org to make a donation and we will buy whatever we are short of!