

# Food Donations

For many in Grey Bruce, it is a struggle to access affordable food. Food banks, community kitchens, and community gardens are some of the resources that are in our region to support food security. These year-round programs are often volunteer run and rely on contributions from the community to keep running. Volunteering your time or making a donation are great ways to reduce hunger in Grey Bruce. Contact your local food bank or other community resources to find out how best to support their efforts.







Here are some guidelines to follow:

- Contact your local Food Bank before making your donation. Staff and volunteers will be familiar with what foods are needed. Many food banks will accept cash donations to purchase the foods that are most needed.
- Check with your local food bank before donating perishable foods like fresh or frozen fruits, vegetables, milk or meats.
- Try the *meal kit* idea – all the dry ingredients for a meal, plus the recipe.
- Does your community have a Good Food Box program? Buying a box or a gift certificate for a box are great ways to donate fresh fruits and vegetables to a Food Bank.
- Follow Canada's Food Guide to Healthy Eating and include foods from all four food groups. See back of page for healthy ideas.
- Non-perishable food items (canned foods, dry goods) are readily received.
- Foods free of common allergens such as nuts, dairy, egg, or gluten are great options for donations.

To find out more about your local food bank and other food security programs visit the website for the Ontario Association of Food Banks ([www.oafb.ca](http://www.oafb.ca)) or [www.211ontario.ca](http://www.211ontario.ca) or calling 211.

## HEALTHY IDEAS for FOOD DONATIONS

<p><b>Grain Products</b></p> 	<p>Include whole grain, high fibre, trans-fat free items</p> <ul style="list-style-type: none"> <li>• pasta, rice, couscous</li> <li>• hot cereals like oatmeal, corn meal, red river</li> <li>• cold cereals with at least 3 grams of fibre per serving</li> <li>• whole grain bread, bagels, buns &amp; crackers</li> </ul>
<p><b>Vegetables and Fruit</b></p> 	<ul style="list-style-type: none"> <li>• canned vegetables, low sodium varieties</li> <li>• canned fruit packed in its own juice or water</li> <li>• fruit juices, 100% juice, unsweetened</li> <li>• tomato sauce or paste</li> <li>• dried fruit (raisins, cranberries, prunes, apricots)</li> </ul>
<p><b>Milk and Alternatives</b></p> 	<p>Include Whole, 2%, 1% or skim milk products</p> <ul style="list-style-type: none"> <li>• UHT “tetra pack” milk</li> <li>• UHT “tetra pack” soya beverage, fortified</li> <li>• powdered skim milk</li> <li>• individual milk puddings</li> </ul>
<p><b>Meat and Alternatives</b></p> 	<ul style="list-style-type: none"> <li>• canned salmon, tuna, ham or chicken</li> <li>• canned soup with split peas or beans</li> <li>• dried beans, peas, lentils, legumes (kidney beans)</li> <li>• peanut butter and other nut butters</li> <li>• baked beans in tomato sauce</li> </ul>

Additional items that the food banks often need.

Baking supplies (flour, sugar)  
Margarine  
Condiments (mustard, ketchup)  
Seasoning mixes (taco, chili)  
Jam  
Coffee/Tea  
Salad dressings  
Cooking oils

Infant cereals, formula, and baby food  
Deodorant  
Shampoo/conditioner  
Feminine hygiene products  
Soap/dish soap/detergent  
Toilet Paper  
Diapers  
Toothpaste/toothbrushes