



**NORTH YORK  
HARVEST  
FOOD BANK**



is running a food drive in support of the North York Harvest Food Bank

from \_\_\_\_\_ to \_\_\_\_\_

## What to donate:

Toronto is one of the most diverse cities in the world and people's food needs are just as diverse. Think about variety when you donate and consider giving food that you enjoy eating at home. Some suggested food giving ideas are provided below:

**Grains** – rice (white and brown), flour & whole grains (wheat, barley, bulgur), quinoa, pasta

**Canned fish and meat** – salmon, tuna, sardines, corned beef, chicken and other non-pork products

**Canned or dried beans** – chickpeas, kidney beans, lentils

**Cooking oil** – canola oil, olive oil

**Canned fruit** – peaches, pears, pineapple (packed in juice and water instead of syrup)

**Canned vegetables** – corn, green beans, broccoli, mushrooms, carrots, water chestnuts, cabbage, sweet potato

**Fruit juice** – 100% juice

**Cereals** – High fibre, whole grain or multi-grain cereals, oatmeal

**Healthy snacks and spreads** – peanut butter, almond butter, unsalted nuts, low fat popcorn, low fat granola bars or cereal bars, crackers, cookies (arrowroot, digestive, oatmeal)

**Baby products** – formula, infant cereals, baby food, diapers

**Canned or powdered milk**

**Spices and seasonings** – turmeric, mustard seed, chilli powder, curry paste, sauces and marinades