

CORE ITEMS

Grains

Regular and gluten free:

Pasta Rice

Cereal

Oatmeal

Flour

Protein:

Peanut butter Canned or dried beans Chickpeas Lentils

Other:

Pasta sauce Canned vegetables Canned fruit Canned soup

ITEMS WE CAN'T ACCEPT

Dented or unlabelled cans Broken and open packages Supplements Homemade food Home grown fruit Out of date food items Candy and pop

OTHER ITEMS

Baby items:

Diapers Formula

Hygiene Items:

Shampoo Conditioner Hand soap Deodorant

Birthday Party Items

Party Supplies
Books
Games
Toys
Cake mixes
Icing
Balloons
Candles

Pet Food

PERISHABLE FOOD

Fresh food must be donated at our warehouse at door 7 and **cannot** be placed in grocery donation bins.

WAYS TO DONATE FOOD

- Drop off your non-perishable food in the donation bins at any major grocery store.
- 2. Drop off non-perishable or fresh donations directly to the food bank at our warehouse (5000 11 Street SE) at door 7. Check our website for hours: www.calgaryfoodbank.com
- 3. Hold a food drive. Contact the Calgary Food Bank events team for more information: events@calgaryfoodbank.com



DONATE FUNDS



For every dollar donated, we can distribute \$3.50 worth of food.