

GUIDELINES FOR DONATIONS

Now more than ever, food banks across the country need access to healthy and nutritious food. At Food Banks Canada, we are aligning with the recommendations made within Canada's Food Guide and Health Canada's new Healthy Eating Strategy to provide high-quality food to those that truly need it.

GUIDELINES FOR FOOD DONATIONS

In order to ensure supply of the most wholesome food to the network, we are minimizing the distribution of certain processed foods (high in sugar, sodium and/or saturated fat) and prioritizing nutritionally dense items like these for distribution to food banks;



PROTEINS

(perishable & non-perishable)



FRUITS & VEGETABLES

(fresh, frozen & canned)



WHOLE GRAINS



HEALTHY FATS

GUIDELINES FOR NON-FOOD DONATIONS

In addition to food, we also accept a variety of personal care and household cleaning products on an "as-needed" basis. This allows clients to purchase more food or other necessary items. These are the types of products we focus on and prioritize for distribution to food banks;



BABY SUPPLIES

(diapers, wipes, formula)



PERSONAL HYGIENE ITEMS

(shampoo, deodorant, sanitary products)



HOUSEHOLD CLEANERS

(laundry & dish soap, cleaning supplies)

WHAT WE CANNOT ACCEPT

There are some items that we simply cannot accept;



ALCOHOL

(or mouthwash, vanilla, etc.)



TOBACCO

(or vaping products)



HIGH SUGAR DRINKS

(sodas, energy drinks)



DIN OR NPN PRODUCTS*

(medications, vitamins, supplements)

*excluding toothpaste

At Food Banks Canada, we know the face of hunger is real and it's very close to home. Hunger isn't an issue reserved solely for strangers or people who are homeless. Food insecurity is found across the country and unfortunately, often goes quietly unnoticed. Food insecurity is at critical levels across the country.

THIS IS YOUR OPPORTUNITY TO MAKE A DIFFERENCE

@foodbankscanada



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Banques alimentaires
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