

CALGARY FOOD BANK WISH LIST



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Out of date food items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

1. 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.