

# CALGARY FOOD BANK WISH LIST



## MOST NEEDED ITEMS

Canned Tomatoes  
Canned Pasta Sauce  
Pasta (900g)  
Rice (2kg)  
Peanut Butter  
Baby Formula  
Granola Bars

## 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](http://www.calgaryfoodbank.com)
3. Hold a food drive. Contact the Calgary Food Bank events team for more information: [events@calgaryfoodbank.com](mailto:events@calgaryfoodbank.com)

## CORE ITEMS

### Grains

#### Regular and gluten free:

Pasta  
Rice  
Cereal  
Oatmeal  
Flour

### Protein:

Peanut butter  
Canned or dried beans  
Canned fish & meat  
Chickpeas  
Lentils

### Other:

Pasta sauce  
Canned vegetables  
Canned fruit  
Canned soup  
School snacks (goldfish, fruit snacks, crackers packs)

## 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Out of date food items  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:

Menstrual Products  
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.