

# Food Bank Wish List

*A guide when donating to the food bank or organizing a food drive.*



HEART &  
STROKE  
FOUNDATION OF  
NEW BRUNSWICK

*Finding answers. For life.*

## Vegetables and Fruit

- unsweetened applesauce
- pasta sauce
- canned fruit (pears, pineapple, fruit cocktail, peaches, mandarin oranges) packed in juice or water
- canned vegetables (peas, mushrooms, corn, green beans, tomatoes) low sodium if possible
- juice boxes (100% fruit)
- potatoes
- carrots
- raisin boxes

## Grain Products

- brown rice
- whole wheat pasta
- whole grain, low sodium crackers
- granola bars
- hot cereal (oatmeal, cream of wheat)
- cold cereal (bran, shredded wheat, wheat squares, toasted o's, raisin bran, mini wheat's)
- infant cereal

## Milk and Alternatives

- canned evaporated milk (2%, 1% or skim)
- soy, almond or rice beverage (Tetra Pak)
- powdered milk

## Meat and Alternatives

- canned fish (salmon, light tuna)
- canned meat (ham, turkey, chicken)
- canned chili
- peanut butter
- canned or dried beans (kidney, black, baked, chick peas, black eyed peas, lentils)
- raw or unsalted mixed nuts, almonds

## Oils, Fats & Others

- vegetable oil
- salad dressing
- baking mixes (muffin, biscuit)
- tea/ coffee
- low sodium canned soup

## Non-Food Items

- shampoo, soap, toothpaste, diapers, toothbrushes
- toilet paper
- laundry and dish detergent



Remember, families also receive fresh items when they come in. This often includes: eggs, milk, fruit, vegetables, meat, and bread. These items are purchased with money that has been donated to the Food Banks. Monetary donations are always welcome. For more information call your local food bank or visit the website [www.foodbanksnb.com](http://www.foodbanksnb.com).