



# FOOD DONATIONS GUIDE

## WORKING TOGETHER FOR FOOD SECURITY

**WHO WE ARE:** The Shelbourne Community Kitchen's mission is to create opportunities with people living on a low income to cook, grow, share and connect for improved health and wellbeing. We offer a unique neighbourhood food centre model. **WE PROVIDE OPPORTUNITIES FOR PEOPLE TO:** Prepare and share healthy meals together; access nutritious food; work together to grow food and build gardening skills; connect with other community resources and become resources for one another.

**PLEASE CONSIDER:** choosing foods that are low in sugar and sodium, and whole grain alternatives that can help contribute to a healthy diet. **Please check best before dates before donating.**

**We are always in need of non-perishable food donations for our pantry program and very grateful for your support!**

### We accept:

- Canned fruits and vegetables
- Canned beans, meats and fish
- Dry goods such as pasta, rice, grains and cereals
- Sauces, baking ingredients and condiments
- Soups, stews and instant dinners
- Coffee, teas, juices
- Toiletries and personal hygiene supplies



### Unfortunately, we cannot accept:

- Home canned goods of any kind
- Items that have been opened or partially used
- Items that are not in their original packages
- Cans/packages with severe damage or without labels
- Fresh/Frozen meats including uninspected wild game
- Dairy products or eggs



## THANK YOU FOR YOUR SUPPORT!