

The Best Foods to Donate to Food Banks



- **Shelf-stable proteins:** Peanut Butter/Nut Butters, Canned Tuna, Canned Salmon, Canned Beans, Dried Beans, Lentils, Pulses, Nuts, Trail Mix, Tahini, Shelf-stable Tofu
- **Condiments for proteins:** (i.e. things which will make tinned tuna into a meal) mayonnaise, mustard, ketchup, soya sauce, lemon juice, lime juice
- **Whole Grain Basic Carbohydrates:** Brown Rice, Whole Wheat Flour, Quinoa, Whole Wheat Couscous, Oatmeal, Whole Wheat Pasta, Healthy Breakfast Cereals
- **Meals-in-a-Can or Box:** Soup, Chili, Macaroni & Cheese, Noodle Bowls, Beans, Ravioli, etc.
- **Kid's Lunch Foods:** Juice Boxes, Fruit Snacks, Granola Bars, Fruit Cups, Pudding, Applesauce
- **Hot Beverages:** Coffee, Tea
- **Gluten Free Items:** variants such as rice pasta; Kosher items
- **Pantry Staples:** Pasta Sauce, Tinned Fruit, Tinned Vegetables, Jam, Dried Fruit, Crackers
- **Basic Pantry Items:** Cooking Oil, Salt & Pepper, Spices, Baking Soda, Baking Powder, Sugar, Flour, Yeast
- **Shelf-stable Milk & Alternatives:** Milk, Soy, Almond Milk, Hemp Milk, Rice Milk, Powdered Milk

Donations to Freddie's Food Pantry may be delivered to the SIC Library (A building first floor) or the Registration lobby (E building first floor). Call 252-5400 ext. 2482 for monetary donations.