

CALGARY FOOD BANK



@calgaryfoodbank



@yycfoodbank



PHOTO: NEIL ZELLER



CANNED FOOD

VEGETABLES: Carrots, Peas, Green Beans, Mixed Vegetables, Tomatoes

FRUIT: Peaches, Pears, Oranges, Pineapple, Mixed fruit

PROTEIN: Ham, turkey, chicken, salmon, tuna, beans

SOUPS



GRAINS

Pasta
Macaroni & Cheese
Rice
Cereal

OTHER ITEMS

Pasta Sauce
Juice
Peanut Butter

3 WAYS TO DONATE

- 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, door #7.
- 3 Hold a food drive and have your non-perishable food picked up by our drivers.

DID YOU KNOW?

You can donate while you grocery shop. There are non-perishable donation bins at most major grocery stores in Calgary.



ITEMS WE CAN'T ACCEPT

Dented or unlabelled cans | Broken and open packages | Supplements
Homemade food | Out of date food items | Candy and pop

OTHER WAYS TO DONATE

HYGIENE ITEMS

Often when clients come to us, food is not their only insecurity. Hygiene products are often expensive and difficult for those in need to acquire. Products like shampoo, conditioner, hand soap and deodorant are put in hampers for those who express a need.

BABY ITEMS PROGRAM

Our baby hampers are provided to our youngest clients, newborns and infants up to 12 months old. We accept donations of baby food (Stages 1, 2 and 3), infant formula (Stages 1 and 2), and diapers (the most needed diaper sizes are 4, 5 and 6). We accept unopened and opened packages of diapers.

PET FOOD

Whether they talk with their beaks or walk on four feet, our pets are cherished parts of our family and they need just as much help, love and nutrition as we do. Help feed furry family members by donating pet food and treats.

BIRTHDAY PARTY KITS

The birthday room is a special place at the Food Bank. Birthday party kits are available for children aged one to 12, who might not otherwise enjoy the luxury of a birthday party. We accept donations of bags, cards, party supplies, books, art and school supplies, games, toys, cakes mixes, icing, balloons and candles.



For more information, and to see what our monthly needs are, visit calgaryfoodbank.com/wishlist

DID YOU KNOW?

WE ACCEPT PERISHABLES DONATIONS

You can bring your perishable and fresh produce donations directly to us! Monday to Thursday 8 a.m. to 7:30 p.m. and Friday 8 a.m. to 3 p.m. at the food bank warehouse, door #7.

UPDATED DECEMBER 2021

HELP FEED YYC



Donate funds
online, by mail,
or in person.

Donate non-perishables at any
local grocery store. Perishables
are accepted at our warehouse.

Donate your time.
Volunteers are
our lifeblood.

Engage your
community by
hosting an event.

COMMUNITY OWNED. COMMUNITY SUPPORTED.

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