



# Guelph Food Bank

## Most Needed Items

Canned Yellow, Green, and Mixed Vegetables, Canned Fruit  
Canned Meats (Salmon, Chicken, Ham, Tuna)  
Canned Soups, Canned Stews/Chilis, Pork & Beans  
Canned Pasta Sauce, Canned Pasta, Meal Helpers  
Peanut Butter/Jam/Cheese Whiz, Canned Tomatoes  
Rice, Crackers, Cookies, Hot Chocolate/Tea/Coffee  
Boost/Ensure, Low/No Sugar Foods,  
Low/No Sodium Foods, Gluten Free Foods,  
Diapers (Size 3+), Pull-Ups (Sizes 3T+), Baby Food/Formula,  
Bar Soap, Toiletries, Toilet Paper, Paper Towels

100 Crimea St. Guelph, Ont. | 519-767-1380 | [www.guelphfoodbank.com](http://www.guelphfoodbank.com)