



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