

Why Healthy Foods Matter...

Donating healthy food provides the essential nutrients to support optimal health and reduce the risk of disease. By making a healthy food donation, local food banks and programs can offer foods that promote health for CK residents. It is easy to use donations as a chance to clean out your cupboards, but these items don't always make the best donations.

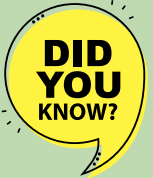
Information on food banks in Chatham-Kent including locations, contact information and hours of operation can be found on the CK Food Policy Council website at www.letstalkfood-ck.com



Foods NOT to Donate

Many donated foods are not suitable and may be thrown out.

- ✗ badly dented cans
- ✗ cans with no labels
- ✗ home canned foods
- ✗ opened food packages
- ✗ wild game or un-inspected meat
- ✗ expired baby formula or meal replacements
- ✗ food that is old and past the best before date
- ✗ alcohol
- ✗ medications
- ✗ dietary supplements (vitamins, minerals, etc.)



Donation Ideas

- Whole grain foods (cereal, rice, pasta, crackers)
- Protein foods (peanut butter, beans, legumes, canned tuna/salmon/chicken, nuts/seeds, powdered milk)
- Vegetables and Fruits (canned, tomato sauce, tomato paste, 100% juice)
- Other essential items (toiletries, personal hygiene products, cleaning supplies)
- Money

What items do make good donations?

- Choose food that are high in fibre, vitamins and minerals, low in sodium, sugar and saturated fats. Remember that it is important that these foods provide nutrition and are not just there to try to fill you up.
- Donate foods that you would like to eat. Try to donate foods that you would want to feed your family as part of a healthy meal.
- Donate foods that are easy to open (such as flip top cans or jars) or easy to eat and don't require heating (tuna, peanut butter, etc).
- Consider donating foods that will be easy to create a healthy meal.
- Donate non-perishable snack and lunch foods that are peanut free and offer healthy nutrients that can be taken to school.
- Consider donating foods that help with special dietary requirements such as gluten free, diabetic, etc.
- Donate fresh vegetables, fruit and meat ONLY if your food bank accepts these foods.

Always check with your local food bank before donating perishable foods.