

## Food Bank Wish List

We are very grateful to receive donations of unopened food items. The following are guidelines of donations that we are looking to accept. Thank you in advance for your generosity and for donating items that reflect Yonge Street Mission (YSM) values.

### Non-Perishable food

- Canned/dried proteins - chickpeas, beans, lentils etc.
- Canned Fish - sardines, tuna, salmon etc.
- Canned Vegetables- corn, peas etc.
- Canned Fruit
- Canned soup & stews
- Fruit Juices
- Spreads: Nut butters, jam, honey
- Cooking oil: olive, canola & other
- Dried Herbs & Spices
- Rice (including brown rice)
- Pasta & pasta sauces
- Cereal - preferably low sugar
- Oatmeal
- Nuts: Peanuts, Almonds, Cashews, Mixed nuts, trail mix etc
- Popcorn

- Cookies & Biscuits
- Granola & Energy bars
- Snacks
- Beverages - Tea, Coffee, etc

### Toiletries

- Feminine hygiene products
- Adult diapers
- Personal hygiene items:
  - Body wash & soap
  - Body cream
  - Shampoo & Conditioner
  - Deodorant
  - Toothpaste
  - Toilet paper

**To ensure that we serve our community with dignity, the YSM Food Bank cannot accept the following items:**

- Any items past their “Best Before” and “Expiry” dates
- Cans with sharp or seam dents
- Any previously opened items
- homemade cakes and baked goods (due to Ontario Public Health Standards)