

230 Aberdeen Boulevard, Units 1 & 2 Midland, Ontario L4R 5N4 Tel 705.812.6500

Registered Charity Number 775169261 RR0001 Please note that GBFN is not a nut-free or allergen-free environment.

# **GBFN Shopping List**

If you'd like to make a food donation to Georgian Bay Food Network, print out this shopping list of items we need most for your next trip to the grocery store. Thanks!

## **School snacks**

Granola bars, crackers, pudding cups, applesauce, juice boxes

#### **Canned foods**

Vegetables: peas, carrots, green beans, corn, tomatoes, mixed vegetables Fruit: peaches, pears, mixed fruits Meat and fish: ham, turkey, chicken, tuna, salmon Soups: hearty/chunky, chicken noodle, vegetable

## Staples

Pasta and sauces, rice, cereal, peanut butter, jam, pancake mix, condiments

#### Household

Paper towels, toilet paper, laundry detergent, dish soap, cleaning products

### Personal

Toothpaste, bath/hand soap, hygiene products

