

10 MOST WANTED FOOD ITEMS

- 1 Canned Fish and Poultry**
tuna or salmon (packed in water)
chicken or turkey
- 2 Baby Food**
jars of chicken, beef, vegetables or fruit, formula with added iron
- 3 Canned Fruit and Vegetables**
(packed in own juice)
- 4 Canned Beans, Chili, or Stew**
- 5 Peanut Butter**
- 6 Whole Grain Pasta/Whole Wheat Pasta**
- 7 Rice**
brown, converted or parboiled
- 8 Canned Spaghetti Sauce or Tomatoes**
- 9 Cereal**
high fibre, non-sugar coated
- 10 Canned Soup**
lentil, pea, vegetable

QUICK FACTS

- We distribute food to over 36,000 people each month
- over 16,000 are children
- We rely on your donations of food, time and money to get food to people in need



982.FOOD www.winnipeg Harvest.org

These food items have been selected to reflect recommendations in Canada's food guide.

Please share what you can spare of these non-perishable food items.

Winnipeg Harvest is an independent organization committed to distributing surplus food.

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