



## FRESH FOOD

These items must be donated directly to the Calgary Food Bank **Warehouse Door #3** to ensure they are distributed in a timely matter while still fresh.

## SPECIALTY HAMPERS

We provide items for those with Celiac Disease, Diabetes, Prenatal considerations and Renal issues.

Consider donating gluten-free, low sodium, sugar-free:

- Baby food in jars
- Formula with Iron
- Pull-top meals and soups

## NOT SURE WHAT TO DONATE?

Our clients are our neighbours. Think about what you and your own family enjoy or use often.

## HOW TO DONATE

- 1 Drop off non-perishable food in the Calgary Food Bank donation bins at any major grocery store.
- 2 Drop off fresh or non-perishable donations directly to the Calgary Food Bank Warehouse:  
**5000-11 Street SE, Food Donations Door #3**
- 3 Hold a Food Drive and have your non-perishable food picked up by our drivers.

Help us meet Canada's Food Guidelines by donating items on our wishlist:



**PEANUT BUTTER**



**PASTA**



**PASTA SAUCE**



**BABY FOOD +  
FORMULA**



**CANNED  
FOOD**



**TOMATOES**



**FRUIT**



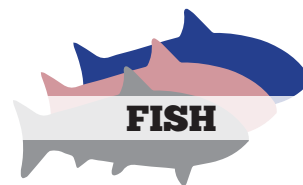
**SOUP**



**GREEN VEGGIES**



**MEAT/PROTEIN**



**FISH**

5000-11 Street SE | Phone: 403.253.2059

Charitable #: 130 167 349 RR0001 | @CalgaryFoodBank | /CalgaryFoodBank

## HOURS OF OPERATION

### ADMINISTRATION

Monday to Thursday — 8 a.m. to 4:30 p.m.  
Friday — 8 a.m. to 4 p.m.  
Closed Saturdays, Sundays and public holidays.

### WAREHOUSE

Monday to Thursday — 8 a.m. to 7 p.m.  
Friday — 8 a.m. to 3 p.m.  
Closed Saturdays, Sundays and public holidays.