

# Healthy Food Donations



Public Health  
Santé publique

## Why Healthy Foods Matter...



Healthy food donations provide essential nutrients to help:

- strengthen immune systems
- build and maintain strong bones and teeth
- reduce risk of heart disease, obesity and type 2 diabetes
- improve gut health
- a child's body to grow and develop
- children to be ready to learn at school and play
- people live their daily life – take care of their children, keep their job, take walks with their families.

## Food Service Providers Network

This is a network of staff from Ottawa shelters, meal programs and community food programs. They work together with the Ottawa Food Bank and Ottawa Public Health to improve the quantity, quality and access to healthy food choices.

## The BEST FOODS to Donate

People who cannot afford to buy healthy food suffer from diseases related to poor diet – high blood pressure, heart disease, high cholesterol and diabetes.

Foods that are high in fibre, vitamins and minerals, low in sodium, sugar and saturated fats are the best options for food donations.

## FOOD DONATIONS

### FOOD BANKS or MEAL PROGRAMS

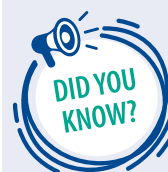
Please donate fresh produce and perishables *directly*.  
**DO NOT** place in donation bins.

- ✓ Fresh vegetables
- ✓ Fresh fruit
- ✓ Fresh milk, yogurt
- ✓ Bread
- ✓ Cheese

### DONATION BINS

- ✓ Whole grain foods (cereal, pasta, rice)
- ✓ Canned salmon, tuna, chicken
- ✓ Canned beans and legumes
- ✓ Canned vegetables
- ✓ Nuts, seeds and nut butters
- ✓ Pre-packaged food bank donation bags available at some grocery stores

## 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
- ✗ Expired infant formula or meal replacements
- ✗ Food that is old and past the best before date
- ✗ Alcohol
- ✗ Medications
- ✗ Dietary supplements (vitamins, minerals, etc.)



Every **\$1** donated to the **Ottawa Food Bank** equals **\$5** of food delivered to the community.



Ottawa Food Bank  
La Banque d'Alimentation d'Ottawa

Ottawa Public Health.ca  
SantePubliqueOttawa.ca

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