



saving fresh FEEDING COMMUNITY



Not Sure What to Donate?



Bakery

We **can** accept all bread and bread product such as whole loaves, sliced, artisan, bagels, buns, rolls, wraps, pita, flatbread, cakes and pastries.

We **can't** accept products without listed ingredients or products with ripped or torn packaging.



Dairy

We **can** accept cheese and cheese products, milk and other dairy beverages, eggs and egg substitutes, yogurts and cultured dairy products. All milk products cannot be past the Best Before Date.

We **can't** accept product without listed ingredients, products emitting foul odor, discoloured products, product past the Best Before Date, ripped or torn packaging.



Frozen

We **can** accept frozen vegetables and fruit, frozen desserts and frozen meals.

We **can't** accept products without listed ingredients, defrosted products, products with rips or tears in the inner packaging.



General Grocery - Shelf Stable Items

We **can** accept all canned/jarred/bottled or boxed/bagged products with legible ingredients listed.

We **can't** accept severely dented or damaged cans or products with rips or tears in the inner packaging and products with a Best Before Date of 12 months beyond the donation date.



Fresh Meat & Seafood - Frozen prior to the Best Before Date

We **can** accept red meat, poultry, game meat, fish, prepackaged deli meat, packaged and bulk meats.

We **can't** accept repackaged meat, products without listed ingredients, meat with ripped or torn packaging, discoloured products, products emitting odor, defrosted products, products past the Best Before Date – unless frozen prior to the Best Before Date.



Produce - Fruits and vegetables with minimum 2-3 days of shelf life

We **can** accept fruits and vegetables, bags of produce, products bound/tied or in a bag.

We **can't** accept moldy or rotten fruits and vegetables, fruits and vegetables with only 1 day of shelf life.



50 Alpine Court, Kitchener, ON N2E 2M7

Tel: 519.743.5576 Fax: 519.743.8965

Email: info@thefoodbank.ca

@FoodBankWatReg

@FoodBankWaterlooRegion

thefoodbank.ca/foodrecovery