



FOOD BANKS BC ACCREDITED WHITE ROCK/SOUTH SURREY & LANGLEY FOOD BANKS

Everyone has a right to safe and healthy food

The link between poor diet and illness is well-established. Concerns grow with the alarming increase in diseases such as diabetes, coronary heart disease, and obesity- health conditions that are evident at the food bank.

People living on a low income do not have access to enough nutritious food to meet their health needs. Sources Food Banks provide recipients with enough food for 2 days per week; therefore, it is doubly important that food we distribute is nutritious.

We gratefully accept donations. Cash allows us to purchase what we need, when we need it. Our partnerships with food distributors grant us a **triple buying power** - that means that for every \$1 donated, Sources Food Banks can buy \$3 worth of food. Donate at sourcesfoundation.ca/give

WHEN CHOOSING FOOD DONATIONS, PLEASE CONSIDER “HEALTHY CHOICES”

- Canned Protein (Tuna, Salmon, Chicken, Chili, etc.)
- Rice
- Rolled oats/oatmeal
- Pastas (spaghetti preferred)
- Legumes (lentils, beans, etc.)
- Fresh Fruit and Vegetables (locally grown is best!)
- Canned Fruit and Vegetables
- 100% Fruit Juice Boxes
- Powdered Milk
- Size 5 and 6 Diapers
- Coffee

JUST FOR THE HOLIDAYS

- Treats (boxes of cookies, chocolates, hot chocolate)