

FOOD FOR EVERYONE



Target Hunger food drive takes place this Saturday June 10, 2023. Have your yellow bags out for pick-up by 10 AM!

- 30% of respondents in the 2023 Lethbridge Immigrant Survey said they had accessed a food bank in the last 12 months.
- Some of the non-perishable foods typically donated are not culturally appropriate for some newcomers. For example, some cultural groups may not eat pork, gelatin, or packaged noodles containing chicken and beef soup base.

Including some of these food staples in your donation to food banks can make a big difference:

- Rice (jasmine and basmati)
- Rice noodles (vermicelli)
- Egg noodles
- Vegetarian ramen
- Canned or dried beans - **without pork** (fava beans, chickpeas, black-eyed peas)
- Canned or dried lentils and split peas
- Canned sardines and mackerel
- Salt
- Sugar
- Canola oil
- Juice
- Tomato sauce
- Canned tomatoes
- Canned vegetables
- Canned fruit
- Shelf-stable milk
- Baby formula and diapers
- Black tea, green tea
- Instant coffee
- Flour - wheat & corn

