



**GIVE
FOOD
TIME
MONEY**

THE OTTAWA FOOD BANK

Fighting Community Hunger Since 1984

Please note that perishable items must be donated directly to our location at 1317 Michael Street, Ottawa, ON. They cannot be dropped off in food drive bins.

WISH LIST

STAPLES

Bread
Healthy Cereal
Oatmeal
Rice
Lentils
Dried or Canned Beans
Pasta & Pasta Sauce
Canned Tomatoes
Condiments
Honey
Salad Dressings
Cooking Oil

DAIRY

Milk
Cheese
Yogurt

PROTEIN

Eggs
Peanut Butter
Nuts
Canned Fish
Fresh Meat (ground beef,
chicken)



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FRUITS & VEGETABLES

Fresh Fruit
Fresh Vegetables
Canned Fruit
Canned Vegetables
Applesauce
Fruit Cups

EXTRAS

Diapers & Baby Wipes
Baby Food & Formula
Tooth Paste
Tooth Brushes
Toilet Paper
Soap & Shampoo
Feminine Hygiene
Products
Laundry Detergent

Monetary donations go far, as we're able to turn every dollar donated into \$5 worth of food

<https://payment.csfm.com/donations/ofb/index.php>

OR

Text **HUNGRY** to **45678** to give \$5