

# Food Bank Wish List

We are very grateful to receive donations of unopened food items\*. The following are guidelines of donations that we are looking to accept. Thank you in advance for your generosity and for donating items that reflect Yonge Street Mission (YSM) values.

## Non-Perishable food

- Canned/dried proteins - chickpeas, beans, lentils etc.
- Canned Fish - sardines, tuna and salmon
- Canned vegetables- corn, peas etc.
- 100% Fruit Juices
- Spreads: Nut butters, jam, honey
- Cooking oil: olive, canola & other vegetable oils
- Rice (including brown rice)
- Pasta
- Cereal - preferably low sugar
- Oatmeal
- Beverages
  - Tea
  - Coffee
  - Cocoa powder
- Healthy Snacks
  - Nuts
  - Trail mix
  - Popcorn
  - Dried fruit: cranberries, raisins etc.
  - Granola bars

## Perishable food

- Fresh Fruits & Vegetables
- Milk & Non-dairy alternatives
- Yogurt
- Eggs
- Meat e.g. poultry, fish etc.

## Toiletries

- Feminine hygiene products
- Personal hygiene items:
  - Body wash & soap
  - Body cream
  - Shampoo & Conditioner
  - Deodorant
  - Toothpaste
  - Toilet paper

**Please do not donate items past their “Best Before” dates**

**Tax receipts:** YSM issues tax receipts for financial gifts and items valued at \$200+. To qualify, proof of an item’s value, such as a sales receipt, must be provided. Gift cards will be receipted at face value.

**Drop off instructions:** To help reduce YSM’s transportation costs, we encourage donors to bring in donations to **YSM David Centre, 270 Gerrard St East, Toronto**. This allows us to place more resources directly into services and programs that directly impact our community members. For drop-offs, we ask that you call in advance so that we can be ready to accept the order. In the event that pick-up is necessary, please call our main line to arrange a time. During busy periods, it may take up to 8 business days to arrange for pickup. For more information, please call **416-929-9614 x3200**.

**Food Safety Guidelines:**

To ensure that we serve our community with dignity, the YSM Food Bank cannot accept the following items:

- Cans: Sharp or seam dents or Beyond 1 year past the “Best Before” date
- Any previously opened items

\* Due to Ontario Public Health Standards we are unable to accept homemade cakes and baked goods.