

The Greater Vancouver Food Bank

TOP 10 MOST NEEDED ITEMS



Hearty
Stew or
Chili

1



Canned
Chicken or
Turkey

2



Canned
Fish

3



Canned
Black Beans,
Chickpeas &
Kidney Beans

4



Natural
Peanut
Butter

5

Building strong, connected communities
through the power of food.



Brown Rice,
Barley
or Oats*

6



Whole Wheat
Pasta or
Couscous*

7



Canned
vegetables

8



Canned
fruit

9



Monetary
Donations
Gratefully
Accepted

10

*In sealed packages please.