



BNH FOOD HUBS GOOD FOOD POLICY HEALTHY OPTIONS

When donating to BNH Food Hubs, we request that non-perishable donations be low in sodium, salt, and saturated fats wherever possible. Our recommended list of best options for donation of non-perishables includes:

Our Top Ten Choices for Donation

1. Zero or low sodium tinned vegetables, soups, and beans
2. Whole wheat or vegetable pastas
3. Low sugar tomato or pasta sauce
4. Peanut or other nut butters
5. Whole grain crackers and low sugar cereals
6. Unsweetened applesauce or canned fruit in juice
7. Canned tuna in water, canned chicken or salmon
8. Healthy canned stews or chili
9. Brown rice, barley, lentils, dried peas, quinoa, or couscous
10. Shelf stable milk and milk alternatives



Our Mission is to make neighbourhoods better places to live.

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