CALGARY FOOD BANK

2026 WISH LIST

MOST NEEDED ITEMS

Grains
Pasta (900g)
Rice (2kg)
Healthy cereals
Instant oatmeal (280g box)
All purpose flour (1kg)

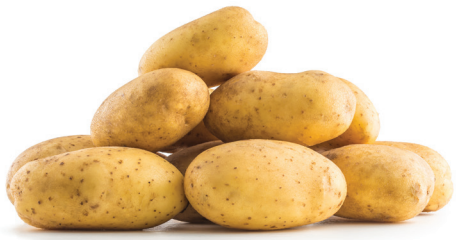
Other
Canned pasta sauce (398ml)
Canned veg/fruit (341ml)
Canned soup (284ml)
School snack (42g box)
Granola bars (42g box)

Protein
Peanut butter (500g)
Canned beans (398ml)
Canned fish & meat (184g)
Dry beans/lentils (454g bag)

Baby items
Diapers (sizes 1–6)
Powdered baby formula (900g)

PERISHABLE FOOD

Fresh food must be donated at our warehouse, 5000 11 St SE, at door 7 and **cannot** be placed in grocery donation bins.



ITEMS WE CAN'T ACCEPT

Broken and open packages
Homemade canned/jarred food
Home grown fruit
High sugar drinks (soda/energy)
High sugar cereals
Alcohol/tobacco/vaping products
Supplements & vitamins
Medications
Dented or unlabelled cans

WAYS TO DONATE FOOD

1. Grocery Stores
Drop off your non-perishable food in the donation bins at any major grocery store.

2. Drop Off
Drop off food donations directly to the Calgary Food Bank warehouse (5000 11 Street SE) at bay door 7.

Check our website for hours.

3. Host A Food Drive
Contact the Calgary Food Bank events team for details about hosting a food drive:

events@calgaryfoodbank.com