

Tuesday May 11, 2010

Dawn Pullar  
Director of Operations  
The Mississauga Food Bank  
2550 Goldenridge Road  
Mississauga, ON  
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Dear Dawn,

This letter is in response to your request for a nutritional assessment of donated food by The Mississauga Food Bank to its clients. This report is based on three cart samples that were provided by your establishment; one cart contained food for one client which is to last them for seven to ten days, the second cart contained food for a family of four for seven to ten days and the last cart was for an infant approximately six months to one and a half years old for seven to ten days.

This analysis is based on Canada's Food Guide and except for the infant cart, represents their daily recommendations for an adult between the ages of nineteen to fifty. Canada's Food Guide is broken down into five categories and their servings which are as follows;

Vegetables and Fruit: 7-10 servings per day where a serving is equivalent to approximately one half cup of fresh, canned or frozen produce.

Grain Products: 6-8 servings per day where a serving is represented as one slice of bread, ½ bagel or ½ cup of cooked rice or pasta.

Milk and Alternatives: 2 servings per day where a serving is represented as 50 g of cheese, 1 cup of milk or soy beverage or ¾ cup yogurt.

Meat and Alternatives: 2-3 servings per day where a serving is represented as 75g of meat, fish or chicken, 2 eggs, 2 tbsp peanut butter or ½ cup beans.

Oils and Fats: 2-3 tbsp per day.

Canada's Food Guide ensures that if the above requirements are met, then a person is receiving all of their daily essential vitamins and minerals to maintain a balanced and healthy lifestyle.

Listed below are the contents of each cart and a summary of its nutritional value and approximately how many days it will provide food for your client.

Cart #1 – Food for one client for seven to ten days.

Cart Contents:

1 box 750g cereal	1 tin clam chowder
900g bag spaghetti	1 tin lentil soup
3 Instant noodles	6 fruit drinks
1 package Bistro rice	1 pineapple juice
1 box Kraft dinner	1 tin tomatoes
1 tin spaghetti and meatballs	1 tin mushrooms
6 bagels	1 tin peas and carrots
1 quart milk	1 tin green beans
1 container of sour cream or yogurt	1 bag of salad
1 package of frozen meat or a canned equivalent	1 lemon
1 meat and pasta sauce	1 lime
1 tin salmon	2 tomatoes
1 tin beans	1 melon
1 jar peanut butter	1 bag onions
1 10lb bag potatoes	2 oranges
1 grapefruit	1 case mangos
1 ketchup	1 korma sauce
8 bottles of water	4 popcorn
1 bag Oreo cookies	1 pkg Tang
2 orange crystals drink	2 chocolate bars
1 pkg Jello	1 pkg licorice
1 bottle Crush soda	1 jar Folgers coffee

I have not included household items in this assessment.

This cart contains approximately 45 servings of grains, 29 servings of protein, 60 servings of fruit and vegetables, 10 tbsp fat and approximately 8 servings of dairy, but there are approximately 10-12 servings of calcium available from the other foods listed.

This more than meets the daily requirements listed in Canada's food guide, but it should be noted that there is a high content of sugar, salt and empty calories in some of the junk food items like the soda pop, jello and cookies. This cart will last one person for seven to ten days with proper portioning.

Cart #2 – Food for a family of four, to last seven to ten days.

Cart contents:

4 quarts milk	2-3 pkg frozen meat or canned
1 melon	1 bag eggplants (6 in a bag)
1 10lb bag potatoes	1 bag onions
1 case mangos (12)	2 bags snow peas
2 tomatoes	1 lemon
1 bag of apples (17)	1 lime
1 pepper	1 container of raspberries
1 container strawberries	1 box figs
6 fruit juice 250ml	1 pineapple juice
1 tin vegetable and pasta soup	1 pineapple
2 cans peas and carrots	1 tomato sauce
1 tin tomatoes	1 tin tomato paste
7 waters	1 Perrier
6 Thai teas	1 bottle extra virgin olive oil
1 ketchup	1 korma sauce
4 chocolate bars	1 bag Hershey kisses
1 pkg jello	2 boxes Oreo cakesters
1 jar coffee	1 Onion Soup mix
2 bottles soda	4 popcorn
1 tin kidney beans	2 tins salmon
1 1kg jar peanut butter	2 tins beefaroni
1 box cheerios 400g	1 box turkey stuffing
1 pkg bistro rice	2 boxes Kraft dinner
1 cake mix	1 box instant Oatmeal
1 bag pasta 900g	1 bag buns (approximately 16)

Please note this cart contained household items which are not part of this assessment.

This cart contains approximately 130 servings of carbohydrates which would be enough for 4.5 servings per day per person for seven to ten days. The protein value of this cart is approximately 33 servings which gives each person about 1 ½ servings per day for seven days. Fruits and vegetables total about 112 servings which will allow for five servings for each person for seven days. Dairy will only allow for one serving per day for seven days, but calcium will be obtained through other food items such as beans. Again, junk food offers empty calories, high salt and sugar.

Based on this finding, the two concerns are carbohydrates and fruits and vegetables. It could be increased by offering another bag of pasta or a box of cereal per week and a couple more tins of fruit or vegetables or a bag of fresh or frozen produce. All other categories are within reasonable limits.

Cart #3 – Food for an infant approximately 6 months to 1 ½ years old.

Cart Contents:

1 Farley biscuits (18)	1 infant formula 900g
2 boxes rice cereal	4 bottles juice
1 Gerber grad-puffs 42g cereal	20 jars vegetables
21 jars fruit	15 jars vegetables with meat

This cart also contained baby supplies which are not part of the assessment. This cart contains all the recommended allowances for fruit and vegetables, protein and carbohydrates and dairy needed for seven to ten days.

Based on the items above, it is with confidence that The Mississauga Food Bank can state that it is offering its clients a well balanced and nutritional supply of food with only the one recommendation pertaining to the family of four.

Thank-you for the opportunity to assist you in this endeavor, and if you have any questions or concerns, please contact me at 416-706 6386 or email me at [paulamazzarolo@cogeco.ca](mailto:paulamazzarolo@cogeco.ca)

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