

MOST NEEDED FOOD

PROTEIN



Peanut butter, beans, canned fish, and meat.

FRUIT AND VEGETABLES



Canned fruit and vegetables, soup, stew, and fruit juice.

DAIRY



Milk, yogurt, butter, and cheese.

GRAINS



Flour, pasta, rice, healthy cereal, and kraft dinner.

**If you have any questions, please contact us at:
info@themississaugafoodbank.org or 905.270.5589**