



Good Food Policy

The Mississauga Food Bank (TMFB) wants to ensure we are aligning our food procurement and distribution to a measurable standard that focuses on the nutritional *quality* of food being distributed throughout our network of member agencies. To accomplish this, we launched the *Canada's Food Guide Compliance Project* with the goal of sourcing and distributing food based on recommendations set out by Canada's Food Guide.

In an effort to provide healthy options for clients accessing food programs throughout the city, **TMFB will not accept large donations of product that do not fit within Canada's Food Guide's categories:** *Fruit/Vegetables, Protein, Dairy and Grains.*

Examples of food offers that TMFB will decline:

- Snacks such as chips, cookies, pudding cups, candy, chocolate, crackers
- Condiments
- Pet food
- Cold beverages with added sugar

Note: Household goods (ie. personal care, home cleaning products, garbage bags) will be accepted on a case-by-case basis.

TMFB Most Needed Items:

- Protein: canned fish or meat, peanut butter, beans
- Vegetables: canned vegetables, pasta sauce, healthy soups and stews
- Fruit: applesauce, canned fruit, dried fruit, real fruit juice
- Fresh products: fruits, vegetables, dairy products, fresh/frozen meat

While TMFB values all supporters who choose to donate product to feed their neighbours, providing nutritious food to the clients that turn to us for help is our main priority. Increasing the nutritional quality of food items we receive through donations will enable us to better achieve our vision of *A Mississauga where no one goes hungry.*