THE FOOD SHARING PROJECT
Providing healthy food to students

Food Donation Wish List

Non-perishable foods that help feed students in our region

Thank you for thinking of us! Every item you give goes to breakfast, snack and lunch programs in schools across Kingston, Frontenac, and Lennox & Addington. These are the foods our school programs use most, so please stick to the list, including the version and size shown. That way everything you give can go straight to a school.

Item	What to buy	Please skip
Vegetables and fruit		
Applesauce cups	Unsweetened, 6-pack of single-serve cups	Sweetened or flavoured applesauce; pouches
Dole fruit cups	Fruit in 100% juice, 107 ml cups	Fruit in syrup or light syrup; fruit jelly cups
Pineapple tidbits	540 ml can, packed in juice	Pineapple in syrup; other canned fruit
Raisins	Plain raisins, 375 g bag	Yogurt or chocolate coated raisins; other dried fruit
Pasta sauce	Tomato pasta sauce, 680 ml can	Cream or cheese sauces; glass jars
Protein foods		
Tuna	170 g can, packed in water	Packed in oil; flavoured tuna or tuna kits
Chunk chicken breast	354 g can, packed in water	Packed in oil; chicken spreads
Black beans	540 ml can, plain	Seasoned beans; beans in sauce
Chickpeas	540 ml can, plain	Seasoned or roasted chickpeas
Red kidney beans	540 ml can, plain	Beans in sauce; chili beans; beans with pork
Brown lentils	540 ml can, plain	Seasoned lentils or lentil soup
Peanut butter	Plain, smooth	Crunchy or flavoured; other nut butters
WOWBUTTER	500 g jar, toasted soy spread	Flavoured WOWBUTTER
Whole grains		
Cheerios	Original (yellow box)	Honey Nut or other flavoured Cheerios
Shreddies	Original	Frosted or flavoured Shreddies
Raisin Bran	Original, about 600 g box	Raisin Bran Crunch or other cereals
Triscuit crackers	Original, 200 g box	Flavoured Triscuits; other crackers
Rice crackers	Original, 100 g box	Flavoured or seasoned rice crackers
Macaroni	Dry macaroni, 900 g bag	Boxed macaroni and cheese
Brown rice	Long grain brown rice, 2 kg bag	White, instant or seasoned rice

Planning a food drive or ready to drop off? We would love to hear from you. Email volunteer@foodsharingproject.org or call 613-530-3514 and we will arrange a time that works.