

BNH Food Hubs – Donation Wish List

Thank you for supporting Burnaby Neighbourhood House and helping us provide essential food and household items to local families in need.

We kindly ask that all **non-perishable food donations** be **low in salt and saturated fats** whenever possible.

Food Items

Product

Canned Vegetables
Hearty Soups & Beans
Whole Wheat or Vegetable Pastas
Tomato or Pasta Sauce
Peanut Butter or Other Nut Butters
Whole Grain Crackers
Low-Sugar Cereals
Unsweetened Applesauce
Canned Fruit in Juice (not syrup)
Canned Tuna, Chicken, or Salmon
Healthy Canned Stews or Chili
Rice, Barley, Lentils, Dried Peas, Quinoa, Couscous
Shelf-Stable Milk & Milk Alternatives
Flour
Cooking Oil or Margarine

Culturally Inclusive & Dietary-Specific Needs

We aim to serve a diverse community and welcome items that meet various dietary and cultural preferences. These items are in **high demand**:

Halal-Certified Products

Gluten-Free Items
Vegan Food Products
Lentils & Chickpeas
Basmati Rice

High-Demand Non-Food Items

Diapers (all sizes)
Baby Wipes

Prefer to Donate Financially?

POS will be set-up for monetary donation during event days.