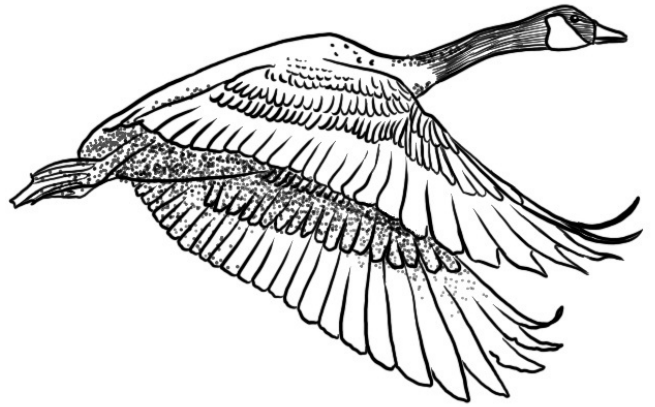
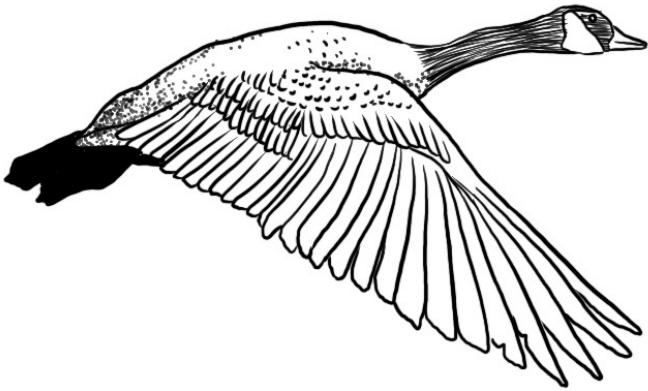


The Parkdale Community Food Bank wants to...





www.pcfb.ca

What is a food bank?

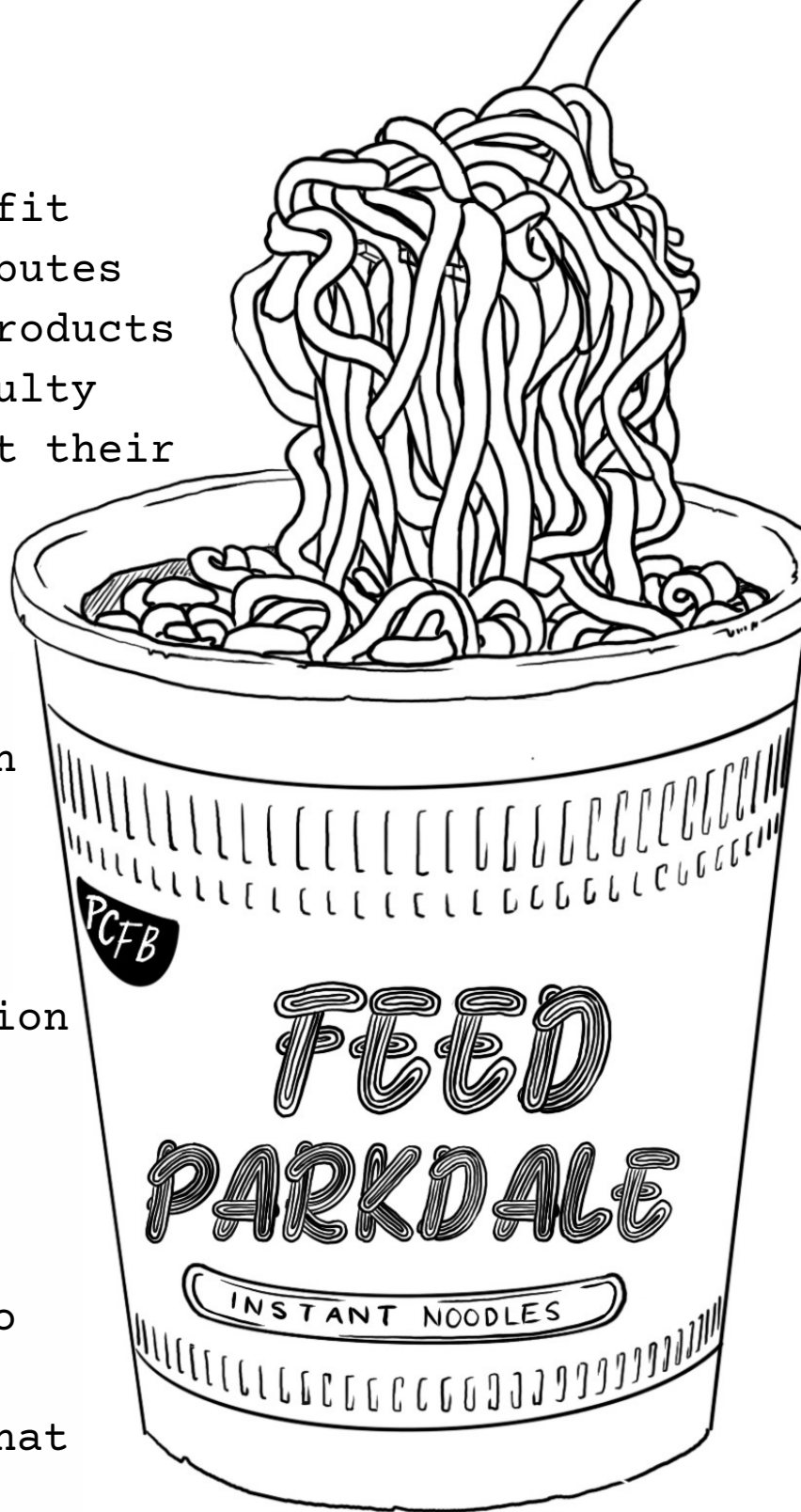
A food bank is a non-profit organization that distributes food and personal care products to those who have difficulty purchasing enough to meet their daily needs.

The Parkdale Community Food Bank serves over 8,000 families each month and distributes 17-20 tonnes of food.

PCFB's Mission: Our mission is to ensure access to food, free of barriers, with choice, dignity and respect. No questions asked, we provide food to anyone who seeks assistance. We believe that access to high quality, healthy food is a human right.

The PCFB provides advocacy services to our members on issues of housing, social services, and abuse whenever possible.

The PCFB relies on over 150 volunteers to operate.





What is a shopping model?

A food bank operating with a 'shopping model' provides a grocery store experience. Community members can come inside and choose groceries to take home with them.

This experience significantly increases the dignity afforded to clients who use the food bank, and is more aligned with the mission and values of the PCFB compared to providing pre-packed grocery boxes.

Why does providing choice matter?

Providing choice is a major step in respecting the dignity of our community. Choices allow clients to be in control of the way that they access our services.



Nothing we do would be possible without our partners and friends in the PARKDALE community.



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A

Most needed items:

- ♥ Dairy and dairy alternatives
- ♥ Meat and meat alternatives
- ♥ Eggs
- ♥ Beverages (ex. tea, coffee, fruit juice)
- ♥ Canned goods
- ♥ Meal replacements (ex. ensure)
- ♥ Pet foods

How you can be involved:

1. Organize a food drive
2. Volunteer
3. Donate

www.pcfb.ca

[@parkdalefoodbank](https://www.instagram.com/parkdalefoodbank)

416-532-2375

Donation ideas!

Food:

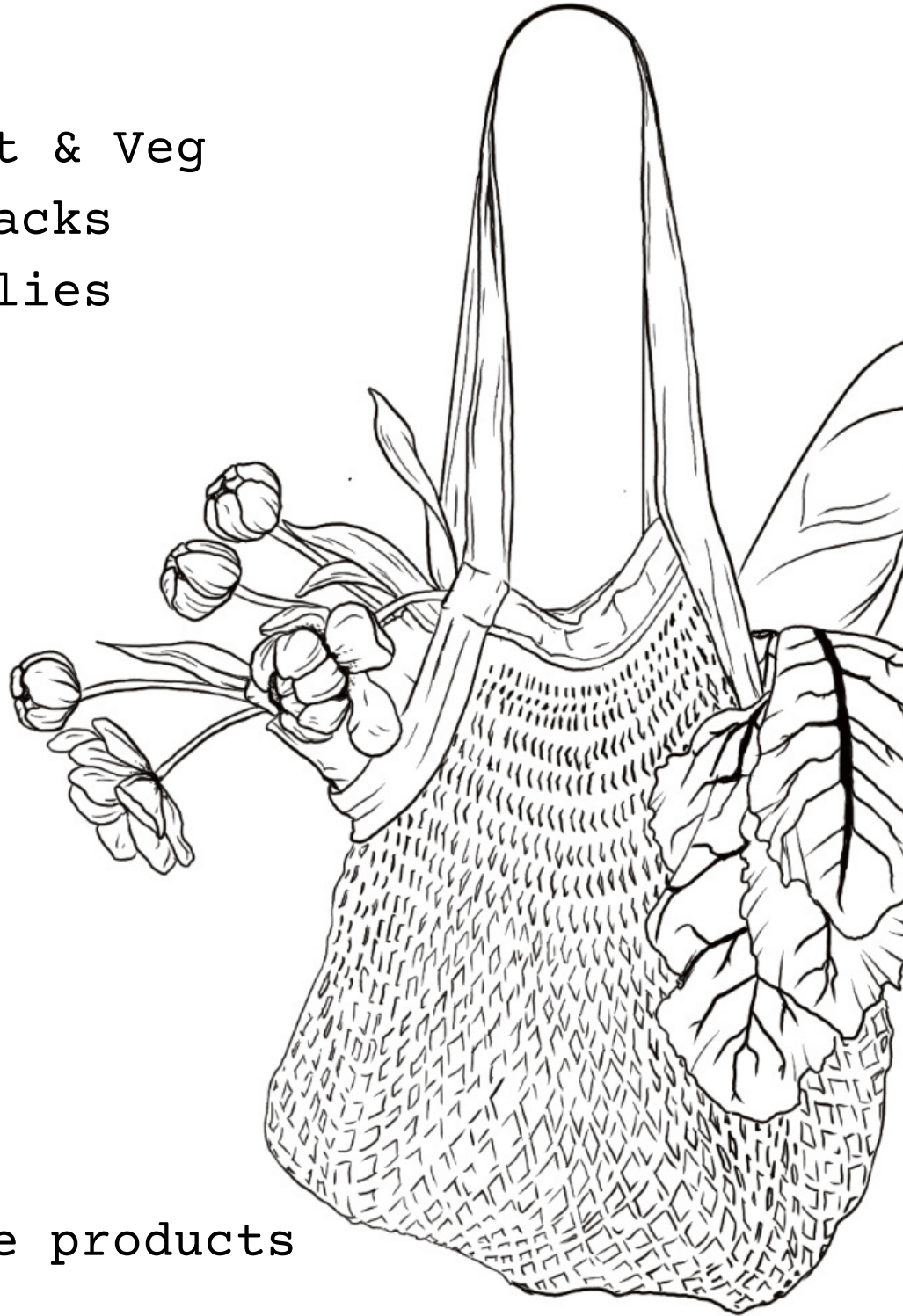
- ♥ Canned or dry beans
- ♥ Dry Pasta
- ♥ Pasta Sauce
- ♥ Canned Fruit & Veg
- ♥ Treats & Snacks
- ♥ Baking supplies
- ♥ Pet food

Baby Products:

- ♥ Formula
- ♥ Baby food
- ♥ Diapers
- ♥ Wipes

Personal Care:

- ♥ Soap
- ♥ Deodorant
- ♥ Incontinence products
- ♥ Shampoo
- ♥ Conditioner
- ♥ Menstrual Products



Thank you for helping us...

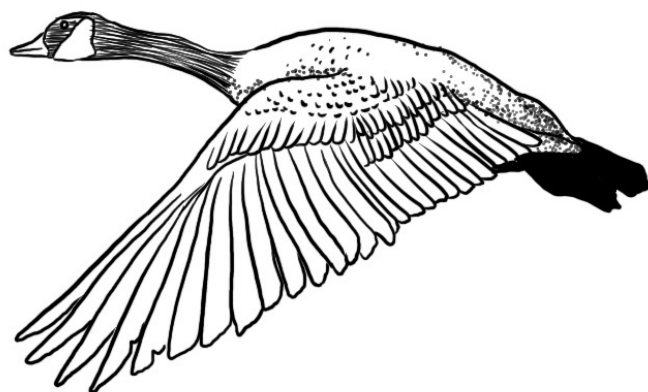
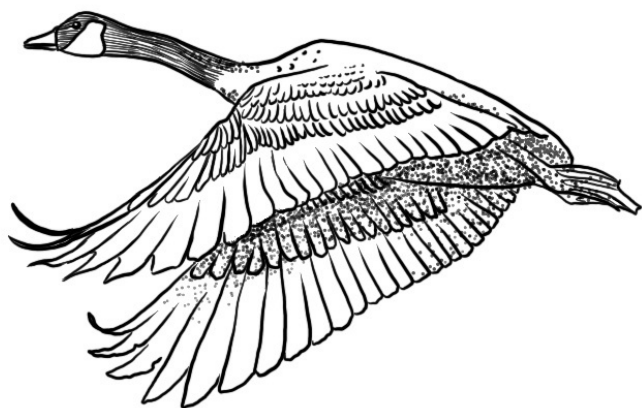


Access our services in
person at 263 Dunn Ave

416 532 2375

Instagram: @parkdalefoodbank

www.pcfb.ca



Artwork by Claire Bavis

@waxberrytattoo