

The Parkdale Community Food Bank (PCFB)'s mission is to create a hunger-free community. Through barrier-free access to diverse food options, every person who walks through our doors has a place at our table.

Established in 2007, the PCFB currently serves over 13,000 individuals every month. We operate two programs: a drop-in grocery program located at 5 Brock Avenue, offering a free choice-based shopping experience, and our delivery program, which provides free grocery delivery to community members unable to access the food bank in person due to illness or disability.

We would not be able to operate without the dedication and hard work of our team of over 300 volunteers, whose contributions are the backbone of our operations.

# About the Parkdale Community Food Bank

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# What to Donate

Non-Perishable Food, Hygiene, Baby & Pet Food Products Such As:

- Canned Meat
- Nut Butters
- Hot/Cold Cereal
- Canned or Dry Beans
- Dry Pasta & Pasta Sauce
- Canned Fruits & Veggies
- Treats (candy, cookies, dried fruit etc.)
- Snacks (chips, crackers, granola bars etc.)
- Baking products (flour, cake mix, oats etc.)
- Dog & Cat food (canned, dry in small packages)
- Baby products (baby formula, baby food, diapers, wipes)
- Hygiene products (soap, toothpaste, shampoo & conditioner, adult incontinence products, menstrual pads, etc)

\*Please do not donate opened or expired items!\*



#### **Canned Meat**

Tuna, Ground Beef, Corned Beef



# **Dietary Specific Items**

Halal, Vegan, Gluten-Free, Diabetic Friendly

#### **Treats**

Candy, Cookies, Dried Fruit etc.

#### **Snacks**

Chips, Crackers, Granola Bars etc.

## **Pantry Staples**

Flour, Oil, Salt, Spices, etc.

# Dog & Cat food

Canned or Dry in Small Packages

### **Baby products**

Baby Formula, Baby Food, Diapers, Wipes

# Hygiene products

Soap, Toothpaste, Shampoo & Conditioner, Adult Incontinence Products, Menstrual Pads, etc

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