



CSNN HOLISTIC FOOD DRIVE

Healthier Food Bank Options (all items must be packaged)

If possible, choose organic and/or non-GMO items

Grains: amaranth, barley, buckwheat, bulgur, einkorn, farro, kamut, millet, oats, quinoa, rye, sorghum, spelt, teff and triticale.

Pasta: rice pasta, kamut pasta, spelt pasta, lentil pasta, green pea pasta, gluten-free pasta, quinoa and amaranth pasta, buckwheat pasta

Beans/legumes: dry - lentils -any colour, black beans, chickpeas, pinto beans, lima beans (if canned – ensure can is BPA free)

Canned (BPA free): organic/non-gmo diced tomatoes, tuna, salmon, olives

Cooking Oil: avocado oil, extra virgin olive oil, coconut oil, ghee, camelina oil

Spices – organic

Flour: spelt flour, brown rice flour, organic sugar, buckwheat flour, chickpea flour,

Nut/seed butters: all natural peanut butter, almond butter, tahini, sunflower seed butter, pumpkin seed butter

Nuts/seeds: unseasoned almonds, cashews, pumpkin seeds, sunflower seeds

Snack Foods: allergen-friendly granola bars/cookies, gluten-free crackers/chips, brown rice cakes, roasted chickpeas/lentils/peas