

Good Food Guidelines

People experiencing homelessness are considered **food insecure**. Food insecurity occurs when people lack the ability to access nutritious, safe, and culturally appropriate food that is produced in a sustainable manner. From a health and dignity standpoint, we take the view that “any food is **not** better than no food.”

While non-perishable food items are welcome food donations, we have a great need for fresh vegetables, fruit, and protein. Shelter Nova Scotia is working toward menus that include whole, unprocessed or minimally processed foods.

To ensure we can receive your donation, please call ahead.

Thank you for considering a food donation to Shelter Nova Scotia!

We Gratefully Accept

- ✔ **Fruit and Vegetables**,
fresh, frozen or dried
- ✔ **Meat, Poultry, Fish and Seafood**,
fresh, frozen or canned
- ✔ **Eggs**
- ✔ **Milk, Yogurt, and Cheese**
- ✔ **Canned Vegetables and Canned Fruit**,
including unsweetened sauces and purées
- ✔ **Whole Grains**, e.g. rolled oats, wild rice, quinoa
- ✔ **Noodles and Pasta**, especially whole grain

We Can't Accept

- ✘ **Expired** food items
- ✘ Items with **damaged** food packaging
- ✘ **Open** or **partially eaten** food
- ✘ **Unpasteurized dairy** products
- ✘ Food with **alcohol**
- ✘ **Home-canned** vegetables, meat or fish products
- ✘ **Slab cakes**

Did you Know?

- Foods that meet **Canada's Food Guide** are best.
- Some of our guests have **dental issues**. **Easy to chew** food is appreciated.
- Candy, cookies and crackers are a treat but have **low nutritional value**.
- **Expiration** dates & **best before** dates mean different things.

Other Ways to Help

- Join our **Adopt-A-Meal** program
- **Volunteer** with us
- Make a **financial donation** to the Supper Club