

High Five

for Winnipeg Harvest!

Did you know that Winnipeg Harvest distributes food to 36,781 people each month? Of this number, 17,256 are children?

**nutrition
nipples**

Here are some suggested items you can donate to Winnipeg Harvest any time of the year. These are taken from Winnipeg Harvest's 10 Most Wanted Foods Items.

- 1** Canned fish or poultry - tuna and salmon packed in water
- 2** Canned vegetables or fruit packed in their own juice
- 3** Canned stew, chili, soups (i.e. split pea, bean etc.) or legumes (i.e. chick peas, lentils, kidney beans etc.)
- 4** Rice – brown, converted or parboiled
- 5** Cereal – higher fiber, non-sugar coated

For more information about Winnipeg Harvest, poverty in Canada or to take a Hunger Quiz, go to www.winnipegharvest.org.

Brought to you by:
The Community Nutritionists at the
Winnipeg Regional Health Authority and the
Registered Dietitians at Dairy Farmers of Manitoba.

