

# What's in My Food Hamper?

The Central Okanagan Food Bank sources food from local grocery stores, farmers' markets, food manufacturers, individuals, and businesses to feed over 6,000 individuals each month. Each hamper contains pantry staples, frozen meats, fresh produce, and more.

## 70% of food has been donated

All donated foods are sorted and inspected to ensure they are safe and meet the required standards set by the Canadian Food Inspection Agency.

While we strive to provide a variety of nutritious items, the selection may be limited based on what has been donated and what is available at the time of distribution.

Upon request, COFB also provides clients with pet food or household items, like toiletries, cleaners, or hygiene items. Please ask on arrival and we will do our best to give you what you need!



**Central Okanagan  
Food Bank**

### DID YOU KNOW?

Best Before  
Dates are not the  
same thing as an  
Expiry Date

Best before dates indicate the date until which the food will retain its optimum quality, flavor, and texture - but does not indicate safety or freshness. Many foods are safe to eat past this point.

Expiry dates indicate the date after which the food should not be consumed as it may pose a health risk.

**Food Hampers are designed to provide approximately one week's worth of food, every 28 days. This allows our clients to redirect finances to other important expenses.**