LIST OF DESIRED FOODS

Canned beans
Lentils, chickpeas, black beans, red beans...

Canned fish
Salmon, mackerel, sardines, tuna...

Rice and cereals (whole grain)
Rice, pasta, quinoa, couscous, bulgur...

Pasta sauce
Preferably canned, no salt.

Canned soups
Preferably reduced-salt products.

Crackers (whole grain)
Ideally low-fat and low-salt products.

Unsweetened fruit sauce
Fruits canned in their own juices or water.

Peanut or almond butter
Natural or organic products.

Breakfast cereals (whole grains)
Muesli, fibres and bran flakes/oats...

Infant formula and baby products
Jars of baby food, milk powder, diapers, hygiene products...

Milk
Grand Pré milk, almond milk, soy milk

Hygiene products
Sanitary napkins, toilet paper, toothpaste...