

LIST OF DESIRED FOOD

Help us provide a variety of healthy, nutritious foods by promoting whole grain, protein, natural or organic products that are low in sugar, salt and fat.

Rice

Rice, couscous, boulghour, quinoa

Pasta

Pasta sauces

Oil

Cereals/oatmeal

Muesli, fibres and bran flakes, oats

Flour

Nuts

Dried fruits

Peanut or almond butter

Coffee

Sugar

Beans

Milk

Grand Pré milk, almond milk, soy milk

Canned soup

Preferably reduced- salt products

Infant formula and baby products

Jars of baby food, milk powder, diapers, hygiene products

Hygiene products

Sanitary napkins, toilet paper, toothpaste