

TOP 11 WISHLIST TIPS

TO MAKE HAMPERS AS HEALTHY AS POSSIBLE

- ☐ **Choose “Low-Sodium” Options**
Look for labels that say “low-sodium”, “no salt added”, “unsalted”, or “sodium-reduced”
- ☐ **Choose “No-Added” Sugar Products**
Check labels for “no sugar added” or “unsweetened”
- ☐ **Prioritize Whole Grains**
Choose whole grains over refined grains. Whole grain products are high in nutrients such as iron, B-vitamins, and fibre
- ☐ **Avoid Saturated and Trans Fats**
Choose foods with healthy fats, like olive oil-based, and limit those with palm oil, hydrogenated oils, or lard
- ☐ **Look for High-Fibre Items**
Donate beans, lentils, oats, and high-fibre cereals to support digestive health and satiety
- ☐ **Select Plain Options Over Flavoured**
Flavoured options, like seasoned rice or instant noodles, often have added sodium and sugar. Choose plain options and let recipients season to their liking!
- ☐ **Choose Items with Simple and Recognizable Ingredients**
Avoid ultra-processed foods with long, chemical ingredient lists. Aim for items with 5 ingredients or fewer when possible
- ☐ **Look for Canned Over Jarred (when possible)**
Canned items tend to be more durable and easier to pack and transport than glass jars
- ☐ **Choose Items Packed in Water**
Pick canned foods in water, not syrup. When selecting fruits and proteins, such as salmon or tuna, choose ones that are packed in water rather than syrup or oil
- ☐ **Check Expiry Dates and Packaging**
Make sure all donations are well within their best-before date, with undamaged and sealed packaging
- ☐ **Mindful Boxing**
When possible, choose foods that work well together to create complete and nutritious meals!

Note: Place all items in a box, bag, or tote that you are happy with not getting back