

Diabetic Bundles

Diabetic Bundles contain alternative low-sugar, high fibre foods for diabetic clientele, and are given out with the monthly food hamper. Typically, what goes into a diabetic bundle is determined by current food stock; if we have it, we will give it out. Here is a list of food items that can help up fill the Diabetic Bundles:



Low-fat popcorn



Rolled oats



High-fibre crackers



Plain, low-sugar cereal



Sweeteners



Nuts (plain, unsalted)



Canned fruit (in own juice or water)



Diet pop



Low-sugar juice mixes



Sugar-free jam/syrups



Sugar-free candies



Sugar-free JELLO-O/
pudding