



INTERFAITH  
FOOD BANK  
SOCIETY OF LETHBRIDGE

# 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, if we don't have it, we cannot.

## Here is a list of food items that can help us fill the Diabetic Bundles:

- Low-fat popcorn (kernels or microwavable)
- Rolled oats or plain, low-sugar cereal
- Canned fruit (in its own juice or water)
- High fibre crackers
- Low-sugar juice mixes
- Sugar-free JELL-O or pudding (low fat is NOT low-sugar)

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1103 3 Avenue North, Lethbridge, AB T1H 0H7  
*Admin & Donations:* 8AM-4PM Monday-Friday  
*Client Intake:* 9:30-11:45AM Monday-Friday  
1-3:30PM Monday-Thursday  
P: 403-320-8779 | E: [info@interfaithfoodbank.ca](mailto:info@interfaithfoodbank.ca)  
[www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca)  
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- Sweeteners
- Sugar-free jams or syrups
- Diet pop
- Sugar-free candies
- Nuts (plain, not salted or roasted)