

**INTERFAITH
FOOD BANK**
SOCIETY OF LETHBRIDGE

Diabetic Bundles

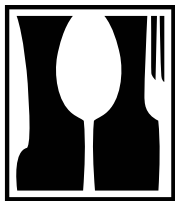
Diabetic Bundles contain alternative low-sugar, high fibre foods for diabetic clientele, and are given out with the monthly food hamper. Typically, what goes into a diabetic bundle is determined by current food stock; if we have it, we will give it out, if we don't have it, we cannot.

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

- Low-fat popcorn (kernels or microwaveable)
- 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)

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
www.interfaithfoodbank.ca
 @IFBLethbridge /lethbridgeinterfaith

- Sweeteners
- Sugar-free jams or syrups
- Diet pop
- Sugar-free candies
- Nuts (plain, not salted or roasted)



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