

Please Donate Healthy Food

Eating lots of healthy food is the best thing for our mind, body and soul. At The Sharing Place we believe that everyone should have access to a food supply that will make them healthier. Unfortunately, healthy food is expensive and without the right education can be a pain in the butt to cook. We want to eliminate these barriers and create a healthy community through access to nutritious food.

We ask when donating food to The Sharing Place that you review our top needed items. If you choose not to donate these items please provide the healthiest food you can source.

- Low in Sugar
- Low in Salt
- Low in Saturated Fats
- Products with Whole Grains

The healthier we are the more we can achieve. Please join us in lowering the barriers to healthy food for the most vulnerable people in our community. Keep in mind that donating money allows us to purchase fresh produce and other items at wholesale prices. Financial donations are the best way to maximize your impact. Please consider donating money so we can invest in all our programs in the smartest way possible.

Thank you,

The Sharing Please Team

Healthy Food Guidelines

Eat More Whole Grains: These foods are great sources of fibre and minerals. Fibre is good for intestinal health, digestion and detoxification. Minerals are needed to make enzymes and help the body do its best. Sources: brown rice, wild rice, quinoa, oats, rye, NOTE: “whole wheat” is not listed

Eat More Vegetables & Fruit: Contrary to some health fads, fruit is very good for you and should be consumed every day, just like vegetables. Both are great sources of fibre, vitamins, minerals and antioxidants, which are nutrients that protect the body from damage. Eat as many different colours of fruits and vegetables as possible, especially the leafy green ones!

Eat More Unprocessed food: Food that comes from a bag, box or can tends to be a processed item. These foods have less nutrients and more calories compared to their fresh and homemade counterparts. Unprocessed foods retain more nutrients and have not been modified to increase their shelf life. Try to Choose foods that are alive, fresh and natural.

Eat More Good Fat: Fats are essential for good health, as long as they're the right ones. Consuming omega-3 fats lowers inflammation and reduces joint pain, among many other things. Fats stabilize blood sugar, providing stable energy levels and less need for stimulants like sugar, caffeine and nicotine. They can also support healthy blood cholesterol. Sources for omega-3: fish (esp salmon, mackerel, herring, anchovy), walnuts, hempseeds, flax. Sources for other good fats: nuts and seeds, olive oil, avocado, coconut, eggs, full fat dairy

Eat Less Bad Fat: Most processed foods are full of bad fats, like trans and saturated fats. Trans fats have been chemically altered by the food industry, therefore our body has no idea what do with them and they cause inflammation (damage) in the body. Saturated fats raise blood cholesterol levels, which can be dangerous for some people.

Eat less Animal products: These foods make up way too much of our diet and are a major contributor to the increase in chronic disease like heart disease, cancer and diabetes. They generally are low in nutrients and high in calories. Our ancestors ate the nutrient-rich organs and bones in addition to the juicy cuts we love to indulge in today.

Eat less sugar: Our bodies are designed to run on carbohydrates, but we don't thrive when we eat them in their pure form: sugar. It's not just found in candies and baked goods; sugar is added to virtually all processed foods as both a preservative and as a way to hook us. Pay close attention to condiments, sauces and salad dressings, as these seemingly innocent items can pack a sugary punch!