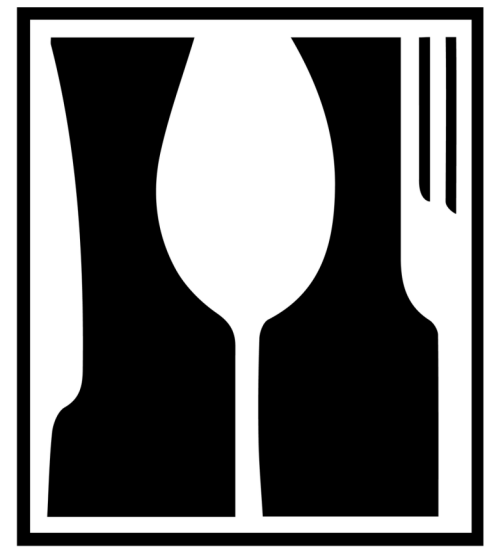


# Diabetic Bundle Program

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.

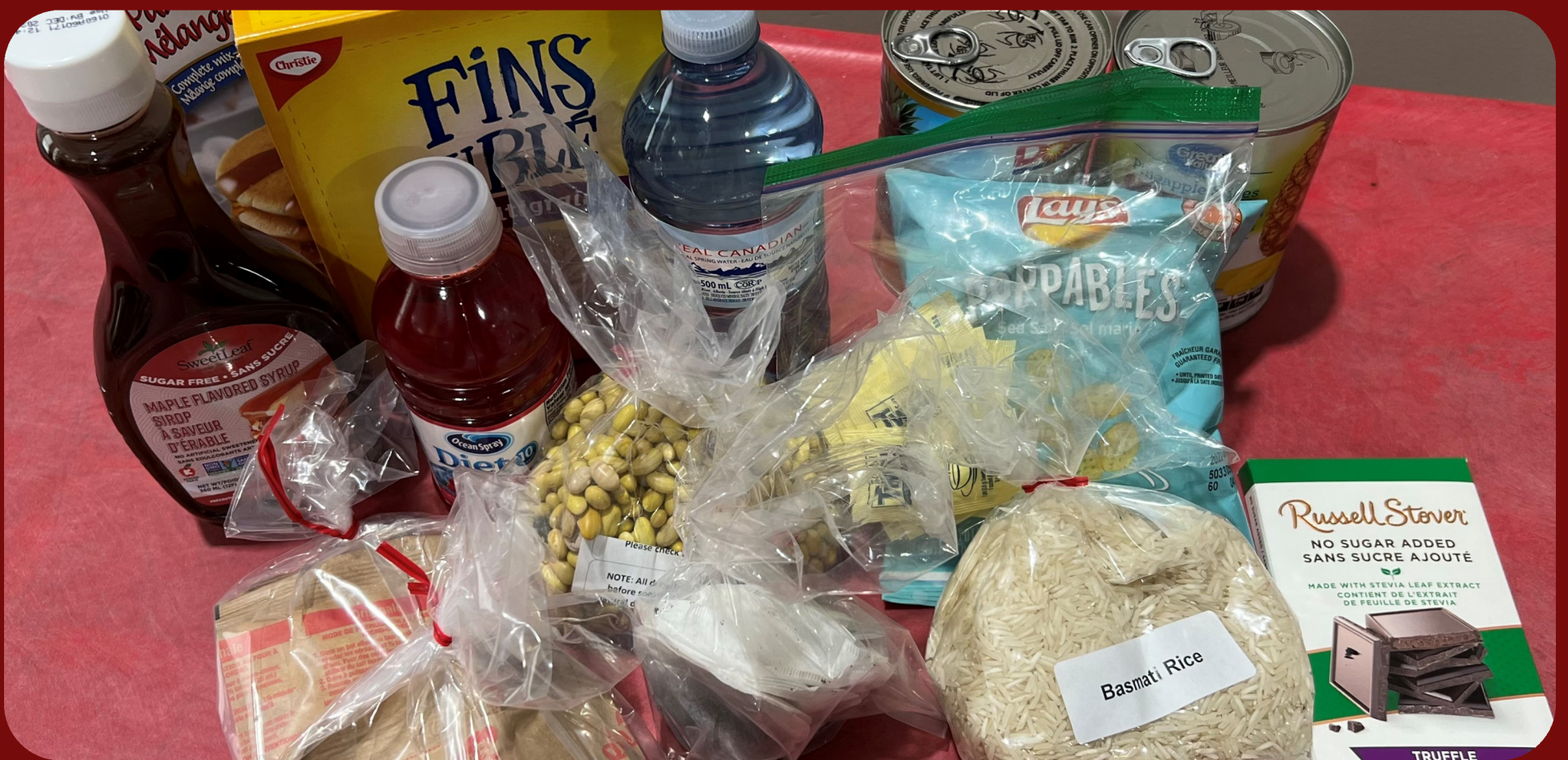


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**Learn More:**

*[www.interfaithfoodbank.com](http://www.interfaithfoodbank.com)*



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

- Low-fat popcorn (kernels/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*)
- Sugar- free sweeteners
- Sugar-free jams or syrups
- Diet pop • Sugar-free candies
- Nuts (plain, not salted or roasted)