

The For GOOD Foundation

March 2026 Price List*

* Prices subject to change without notice.



marketplace@foodbankscanada.ca

Group	A				B			C	D	E
	Dry Pasta (Spaghetti)	White Rice (Long Grain)	Dry Lentils (Green)	Canned Chick Peas	Beans in Sauce	Canned Pasta Sauce	Pasta Shapes in Sauce	Peanut Butter	FGF Tuna	FGF Granola Bar
	454 g	907 g	907 g	540 ml	398 ml	398 ml	398 ml	500 g	130 g	25 g
Gross Shipping Weight per Pallet (lbs)	2,500	2,600	2,600	2,240	2,210	2,210	2,210	1,792	1,700	850
Tie (# of cases/layer)	28	14 (+ 2 additional cases)	14 (+ 2 additional cases)	14	17	17	17	14	14	12
Tier (# of layers high)	4	7	7	5	5	5	5	8	10	6
Total Height (Including pallet)	55 inches	54 inches	54 inches	54 inches	60 inches	60 inches	60 inches	47 inches	60 inches	48 inches
Units per Case	20	12	12	24	24	24	24	12	48	120
Cases Per Pallet	112	100	100	70	85	85	85	112	140	100
Pallets / Truck	18	18	18	22	18	20	20	26	30	26
Less Than Truckload (LTL) orders by the case or pallet**										
Price Per Unit	\$1.03	\$2.14	\$2.19	\$1.21	\$1.15	\$1.17	\$1.16	\$2.42	\$1.27	\$0.23
Price Per Case	\$20.66	\$25.70	\$26.26	\$29.06	\$27.66	\$28.16	\$27.83	\$29.06	\$61.05	\$27.46
Price Per Pallet	\$2,313.92	\$2,570.00	\$2,626.00	\$2,034.20	\$2,351.10	\$2,393.94	\$2,365.38	\$3,254.72	\$8,546.61	\$2,745.84
Full Truckload (FTL) orders by the full truck ***										
Full Truckload Price Per Unit	\$0.98	\$2.03	\$2.07	\$1.15	\$1.09	\$1.11	\$1.10	\$2.29	\$1.19	\$0.22
Full Truckload Price Per Case	\$19.58	\$24.35	\$24.88	\$27.53	\$26.21	\$26.68	\$26.36	\$27.53	\$57.30	\$26.01
Full Truckload Price Per Pallet	\$2,192.96	\$2,435.00	\$2,488.00	\$1,927.10	\$2,227.43	\$2,267.97	\$2,240.94	\$3,083.36	\$8,022.50	\$2,601.42

**** LTL orders by the case or pallet**

Orders can be completed through the on-line portal.

Minimum of 75 cases per order (can be assorted if needed), maximum of 5 pallets bi-weekly.

As all of our carriers are delivering your orders free of charge, the goal is to create efficiencies for them where possible. To achieve this, orders in full pallet quantities are appreciated.

Carriers often have limited space available and we have worked hard to ensure inventory is available at all times for easy replenishment when needed. If you have the need to order more often than bi-weekly, we would be happy to work with you to find a solution. Please contact: marketplace@foodbankscanada.ca to discuss.

*****FTL orders by full truckloads**

A truckload is defined as a full truck from any Group (A,B,C, D or E)

Mixed truckloads from different groups is possible, and will be LTL pricing.

Prices include delivery to food banks across Canada (excl. North)

Quotes can be provided for Tuna pick-up in Vancouver and GTA.

Lead times for full truckloads will vary depending on the item.

Please contact marketplace@foodbankscanada.ca if you are interested in ordering full truckloads or have a need in the North.

Thank you for supporting The For GOOD Foundation and assisting food banks across Canada to increase their collective purchasing power.

The For GOOD Foundation is a non-profit organization dedicated to assisting food banks relieve hunger in Canada.

We would like to thank our distribution partners Worldwide Distributors and Trucks For Change, and all our manufacturing partners who make this program possible.

Worldwide Distributors

