

Donor Guidelines

According to a national study among food pantry clients...



58%

of households have a member with high blood pressure

33%

of households have a member with diabetes



Hunger in America 2014, Feeding America

NUTRITION MATTERS!



Let's show our commitment to breaking down barriers to food access and supporting our clients through the foods we donate.

DONATE OFTEN

FRESH FOODS

- Fruits
- Vegetables
- Cheese (fat-free/low-fat)
- Cottage cheese (fat-free/low-fat)
- Eggs (please wash if donating farm fresh eggs)
- Milk (2%,1%,skim)
- Non-dairy milk (unsweetened)
- Yogurt



FROZEN

- Unbreaded poultry & seafood
- Vegetables
- Tempeh
- Fish
- Beef

PANTRY STAPLES

- Canned beans, low sodium
- Canned fruit in water or 100% juice
- Canned meats, low sodium, packed in water
- Canned soups, low sodium
- Canned tomato sauce
- Chickpea/lentil pasta
- Dried beans
- Gluten free pasta
- Lentils
- Nut butters
- Nuts & dried fruits
- Masa
- Oats
- Other whole grains
- Quinoa
- Rice (brown, white)
- Shelf stable milk
- Shelf stable non-dairy milk
- Vegetable based oils
- Whole grain pastas





Help clients do their cooking at home !!

Condiments and others...



- Baking powder
- Baking soda
- Bay leaf
- Butter
- Black & white pepper
- Chili powder
- Cinnamon
- Coconut milk
- Coconut oil
- Coriander
- Corn flour
- Cornstarch
- Cumin
- Curry powder
- Enchilada sauce
- Flour
- Garlic powder
- Honey
- Olive Oil
- Rice Flour
- Rice Noodles
- Sesame oil
- Sesame seeds
- Soy sauce, low sodium
- Sriracha
- Sugar
- Turmeric
- Vanilla extract

Single serving items

(no added sugar, low sodium when available)

Applesauce, cereal cups, fruit snacks, dried fruits, granola bars, jam packets, pop-top cans, protein bars



Beverages

Water (plain, unsweetened flavored water/sparkling water), plain coffee, unsweetened tea (including tea bags)



DONATE RARELY

All donations are highly appreciated, however, we'd like to discourage donations of the following items as they are often available in excess and are high in added sugars, saturated fats, and sodium. They offer little nutritional value and are not what our clients want most. We cannot accept home harvested animal meat that has not been USDA inspected/stamped.

- Candy
- Cake, cookies, pastries
- Canned fruits in heavy syrup
- Chips
- Energy drinks
- High sodium canned meats/vegetables
- Instant ramen
- Boxed mac n cheese
- Soda/pop (regular/diet)



NON-FOOD DONATION SUGGESTIONS

Baby Supplies

Baby food, diapers (size 4, 5, 6), diaper wipes, milk formula



Hygiene Supplies

Cleaning & laundry supplies, toilet paper, paper towels, body wash, dental care, deodorant, feminine hygiene, hand sanitizer, hand soap, lotion, shampoo



Pet Supplies

Dry and wet dog/cat food, cat litter



Thank you for showing
your commitment to
providing healthy food for
your neighbors!

Why Donor Guidelines?

Following the current donor guidelines makes sure your donation helps someone live their healthiest life!



Our communities include individuals who might be experiencing hardships. Studies show these communities are at a greater risk of heart disease, obesity and diabetes. These conditions can contribute to poor health outcomes.

American Public Health Association, 2011

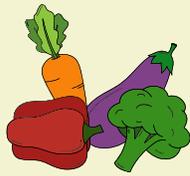


Rarely donating foods high in saturated fats, added sugar, and sodium is the easiest way to help our community thrive.

Foods high in saturated fats, added sugar and sodium are linked to the three conditions mentioned above. Instead, try donating the following:



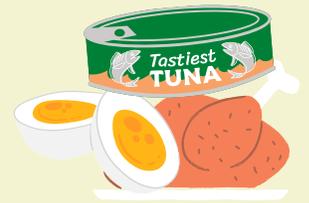
Fruits



Veggies



Whole Grains



Lean Proteins

Frozen & canned foods are great! Please make sure they are low sodium, salt free or canned in water preferably.

Be sure to ask about our client population and donation hours. Different cultures may be used to certain foods.

Thank You!