

# Helpful tips for making useful and efficient donations to the Food Pantry

1. When donating to the Food Pantry, check our most needed items list on our website. Food must be unopened, not expired, and in good condition. Food drives are not a time to clean out cabinets – it takes time and money away from our mission to have to dispose of food that is not distributable. A good rule to follow: Donate food you would eat or feed your family.
2. Specific requirements:
  - Frozen food must have been purchased frozen & cannot have been thawed, even if it was later frozen again.
  - Refrigerated food must remain refrigerated and must be cold when it arrives.
  - Produce should be donated Mon-Thurs so it has a chance to get into the hands of our clients before it goes bad. If it is donated on a Friday, it likely will not last over the weekend.
  - We cannot accept medicine or vitamins.
  - Healthy food is most needed. People facing hunger are at a higher risk for diet-related disease, such as obesity, type-2 diabetes and heart disease. Individuals with chronic disease need access to nutritious foods. Please keep this in mind when considering what to donate.
3. If you're running a large food drive for us, please let us know in advance so we can be prepared when you drop off items to the Pantry. \*Please consider delivering the food to our facility part of your donation. We do not have the resources available to pick up individual donations.
4. Please drop off food Mon - Thurs, 8:30am - 7pm or Fri, 8:30am - 4pm. We are not open on weekends.

