

Food Donation Guidelines

We accept...



Canned Meats & Fish: Canned tuna, salmon, chicken, corned beef etc.



Beans & Lentils: Dried beans and lentils, and plain canned beans



Fruits: Canned fruit, sugar-free applesauce, dried fruit, 100% fruit juices



Drinks/Dairy Alternatives: Coffee, tea, shelf-stable unsweetened milk alternatives (rice, soy, almond, coconut etc.)



Grains: Rice, pasta, whole grain cereals, oatmeal, crackers, granola bars, gluten-free options



Oils & Sauce: Olive, canola, vegetable oils, pasta sauce, condiments



Nuts: Plain nuts and peanut/nut butters



Vegetables: Low-sodium canned vegetables and vegetable juices, canned tomatoes



Toiletries and personal hygiene supplies: toilet paper, feminine hygiene products, soaps and lotions etc.

Unfortunately, we do not accept...



Home canned goods of any kind



Items that have been opened or partially used



Items that are not in their original packages



Cans/packages with severe damage or without labels



Fresh/Frozen meats including uninspected wild game



Dairy products or eggs

Some food for thought...

1. Consider choosing foods that are low in sugar and sodium.
2. Consider choosing whole grain alternatives that can help contribute to a healthy diet.
3. Please check best before dates before donating.