



FOOD DONATION GUIDELINES

Please keep in mind that we provide food service for people who are chronically ill. We are grateful for all donations to our program, but we pay particular attention to healthy food for healing. You will notice that our guidelines are based around a low-sodium, moderate fat diet with a focus on complex carbohydrates. We appreciate your assistance in helping us give our clients the healthiest possible food during their time of need.

Items we will accept:

1. Fruit/fruit juices: packed in its own juice, 100% fruit juice, no sugar added
2. Vegetables: canned, low sodium or no salt added, no sauce added
3. Proteins: packed in water (not oil) chicken, turkey, tuna, salmon; dried or canned beans or lentils, peanut butter
4. Grains: wheat/white pasta, brown, wild or white rice (no sauce/flavor/seasoning added), whole grain cold cereals, plain oatmeal, crackers, popcorn
5. Dairy: pudding, milk (low fat, shelf stable or powdered)
6. Miscellaneous: condiments, jelly/ jam, spices, salt free seasonings, jello
7. Liquid medical nutrition supplements, properly sealed (i.e. Ensure, Boost)
8. Fresh produce from local farms or gardens

Items we cannot accept:

1. Food products in damaged packaging (dents, labels missing etc)
2. Expired or outdated items
3. Fresh or frozen poultry, meat, seafood
4. Bulk packaged snacks (cookies, chips etc)
5. Previously prepared and then frozen foods
6. Leftovers from fridge cleaning, picnics, parties etc
7. Un-packaged food items of any kind
8. Homemade food of any kind, including baked goods
9. Packaged soup mixes (i.e. ramen, oodles of noodles)

As a good rule of thumb, the farther a product is from its natural state, the less likely we are to accept it. In addition, if the item's history is even in doubt as to the sanitation practices used to prepare/ store/ package/ or transport, we cannot accept it. **We reserve the right to refuse any food products that do not meet these standards. We reserve the right to utilize all donated food products to our discretion.**