

Suggested Donations for Food Drives & Individual Giving



SHELF-STABLE PROTEIN & DAIRY:

- **CHICKEN, FISH, MEAT** (pouch or can)
- **BEANS & LENTILS** (pouch, can, or dry)
- **NUTS & NUT BUTTER** (no glass, please)
- **MILK** (carton, can, powder)
- **MILK SUBSTITUTE** (oat, coconut, almond, hemp, soy, etc.)
- **TOFU**

RICE, OATS, POPCORN, QUINOA, BULGUR

CANNED & DRIED FRUITS, VEGETABLES, & TOMATO PRODUCTS (can, plastic)

PASTA, MAC & CHEESE, & quick / ready-to-heat MEALS or SIDES (box, pouch)

SOUP (dry, can, carton, pull-tab)

CEREAL, OATMEAL, TORTILLAS, & BAKING MIXES

GRANOLA / PROTEIN / FIBER BARS & SNACKS (individually wrapped)

COOKING OILS, SPICES, CONDIMENTS, & SALAD DRESSINGS (no glass, please)

COFFEE, TEA, BOTTLED WATER, DRINKS

FOODS FOR SPECIAL DIETS: halal, kosher, gluten-free, vegetarian, vegan, sugar-free, no/low sodium, cultural foods

NON-FOOD ITEMS: household/hygiene items and paper products (diapers, tampons, dish or laundry soap, PPE); pet food

All donations are appreciated, and high-protein, high-fiber, low-sodium, and low-sugar foods are particularly nourishing. Please avoid glass jars.

Learn about Share's free community resources, mission, & opportunities to volunteer or donate at www.sharefoodprogram.org.