



Thank you for supporting Share's mission by coordinating a food drive or donating as an individual. While all donations are appreciated, high-protein, low-sodium, and no added-sugar foods are particularly nourishing. Please avoid glass jars and artificial sweeteners.

## **Suggested Donations for Food Drives & Individual Giving**

### **SHELF-STABLE (unrefrigerated) PROTEINS & DAIRY PRODUCTS:**

- CHICKEN / FISH / MEAT (*pouch or can*)
- BEANS & LENTILS (*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**

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

**NON-FOOD ITEMS:** dish or laundry soap; hygiene & personal care items; paper products, diapers, tampons, etc; pet food; PPE

Philly Food Rescue at [Share Food Program: pfr@sharefoodprogram.org](#) | (215) 223-2220 x131.

Download the Philly Food Rescue app in [Google Play](#) or the [App Store](#). Our team of volunteers, food donors, and nonprofit and housing partners fight food waste and sustain communities across our region every day.