



*Thank you for your interest in hosting a food drive for the Northampton Survival Center! For a customized version of the list below that calls attention to the items in highest demand right now, please contact the Center at [info@northamptonssurvival.org](mailto:info@northamptonssurvival.org).*

## **Help us feed our community!**

The Northampton Survival Center is an emergency food pantry dedicated to improving the quality of life for low-income individuals and families throughout Hampshire County by providing nutritious food and other resources in an atmosphere of dignity and respect.

We accept donations of unopened and undamaged non-perishable food. Below is a list of the most requested and popular items at the pantry.

Baked beans	Granola bars
Canned chicken	Hearty soups
Canned fruit in juice	Macaroni & cheese
Canned tomatoes	Oatmeal
Canned vegetables	Oats
Cereal	Pasta (all kinds)
Condiments	Peanut butter
Cooking oil (canola, olive, vegetable)	Pigeon peas/gandules
Crackers	Rice (brown, white)
Flour	Spaghetti sauce
Gluten-free pasta	Sugar
Granola	Unopened spices
	Vegetarian soups



*Please be mindful of expiration dates and be sure packages are unopened. Gluten-free, low-sodium, and organic items are greatly appreciated.*



We also accept personal care and cleaning products such as conditioner, deodorant, diapers, dish soap, period products, laundry detergent, lip balm, lotion, paper towels, powder, razors, shampoo, shaving cream, soap, tissues, toilet paper, toothbrushes, and toothpaste.