



**Thank you for helping us provide nutritious food and other resources to low-income individuals & families in Hampshire County. Donating is easy!**

Not sure what to donate? Your favorite things to eat are a good place to start!

Donated food increases the selection in our pantry, empowering our clients to choose food that meets their families' needs. We gratefully accept a variety of unopened, unexpired, shelf-stable food items, including (but not limited to):

#### **CANNED & BOXED GOODS**

Beans  
Canned fruits & veggies  
Chicken/canned meats  
Cereal/Granola/Oats  
Crackers  
Grains/Pasta/Rice  
Healthy snacks  
Hearty soups  
Canned tuna/tinned fish

#### **FLAVOR ENHANCERS**

Condiments/Spices  
Dried fruit  
Honey/Jam/Jelly/Syrup  
Ketchup/Mayo/Mustard  
Nuts (shelled)  
Pasta sauce  
Peanut/nut butters  
Pickles/Jarred veggies  
Salsa

#### **EVERYDAY ESSENTIALS**

Baking Soda/Powder  
Coffee (ground)  
Cooking oil (olive, canola, vegetable, etc.)  
Protein bars  
Protein shakes  
Sugar/Splenda/Stevia  
Salt & Pepper  
Tea

We aim to serve our clients with dignity and respect, so please be mindful of expiration dates. Gluten-free, low-sodium, and organic items are greatly appreciated in order to meet the dietary needs of all families.

We also accept personal care and cleaning products (full-size preferred) such as baby wipes and diapers, body wash, shampoo and conditioner, deodorant, dish soap, hand soap, laundry detergent, lotion, paper towels, powder, period products (maxi pads, pantiliners, and tampons), razors, shaving cream, bars of soap, tissues, toilet paper, toothbrushes, and toothpaste.

»»» *If you donate both food and personal care/cleaning products, please package non-food items in a different bag so that we can weigh everything accurately.* «««

#### **Prefer to make a monetary gift?**

Make a gift online by scanning the QR code or visiting our secure giving page at [northamptonsurvival.org/makeagift](http://northamptonsurvival.org/makeagift).



Or, send a check made out to Northampton Survival Center, 265 Prospect Street, Northampton MA 01060.