



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, pantliners, 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 **northampton-survival.org/makeagift**.

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

