

Healthy Food Donations

Our Community Food Pantries are partnering with Philabundance to introduce The Healthy Pantry Initiative. The goal is to increase access to healthy foods and beverages to our pantry clients.

We offer the following suggestions if you are planning on donating food or organizing a food drive.



Protein

- ✓ Low sodium or water packed canned meats and seafood –chicken, salmon, tuna, clams
- ✓ Dried Beans, lentils and peas
- ✓ Low sodium canned beans and peas. (Kidney, black, cannellini, chickpeas, black-eyed)

Dairy

- ✓ Shelf stable milk or non-dairy alternatives such as soy and almond milk, shelf stable dry milk and canned evaporated milk

100 % whole grains

- ✓ Whole wheat pasta, brown rice, barley, wild rice, quinoa, farro
- ✓ Whole grain cereal and rolled oats ...Breakfast cereal with a at least 3 g of fiber

Healthy Fats

- ✓ Low sodium nuts and nut butters such as peanuts, almond and cashews.
- ✓ Olive oil

Fruits and Vegetables

- ✓ Canned fruit in 100% juice or lite syrup
- ✓ 100 % fruit and vegetable juices
- ✓ Dried fruits and vegetables with no sugar or fat
- ✓ Canned tomatoes and tomato sauce
- ✓ Low sodium or water packed canned vegetables -especially carrots, peas, corn, mixed vegetables.

We also like to offer fresh produce, lean meats and fresh dairy. We welcome Gift Cards to local grocery stores or monetary donations to enable us to purchase these options as needed as they have limited shelf life. Our local stores are Giant, Shop Rite, Weis and Acme.

Thank you for your support! Please call 215 345 4311 x101 if you have any questions.