



**BERKELEY
FOOD
PANTRY**

A Project of Berkeley Friends Church

DONATING FOOD TO THE BERKELEY FOOD PANTRY

Updated May 2021

Thank you for your support of the Berkeley Food Pantry! We're so grateful for your contributions, which help us address food insecurity in Berkeley and Albany.

If you would like to donate money, that is also very much appreciated. When writing checks for the UUCB Food Drive in May 2021, please make the check out to UUCB, and write "Berkeley Food Pantry - Good Neighbor" in the memo.

We have a few requests that will help us to serve our pantry visitors better:

Please donate foods that you and your family would like to eat. We ask that you respect our pantry visitors by NOT donating the following (which we must discard):

- Expired foods
- Opened, unpackaged, loose/bulk, or partially used food items
- "Mystery" or oddball foods that you haven't gotten around to using

Please do not donate canned or bagged items greater than 2 pounds. Many of our pantry visitors carry their groceries home on public transportation or by foot.

Please DO donate:

- Peanut butter
- Low-sugar breakfast cereal
- Canned meats such as tuna and chicken, low-sodium and low-fat.
- Shelf-stable tofu (a non-meat alternative)
- Canned soups (low-sodium, preferred)
- Brown or white rice
- Healthy snack foods for kids, such as low-sugar nutrition bars and dried fruit
- Meal replacements, breakfast bars, or nutritional bars for adults
- Pasta
- Pasta sauce
- Shelf-stable non-dairy milk, such as soy, almond, oat, etc.
- Condiments such as ketchup, mustard, **salad dressing**, and mayonnaise
- Seasonings such as salt, pepper, herbs, spices, and garlic
- Cooking oil, including olive oil and sesame oil
- Boxes of teabags
- Ground coffee
- Toiletries such as toothbrushes and toothpaste, bath soap, deodorant, and shampoo and we always need feminine hygiene products
- Children's books (books for all ages welcome)

Thank you for your generous support!