



FOOD
CLOTHING
MEDICAL
services
LEGAL
services
SOCIAL
services
ADVOCACY
DIGNITY
RESPECT
SERVICE
JUSTICE

SOUTHEAST CENTER

1640 Good Hope Road, SE
Washington, DC 20020
phone: 202.561.8587
fax: 202.587.0537

NORTHWEST CENTER

1525 Seventh Street, NW
Washington, DC 20001
phone: 202.265.2400
fax: 202.518.0545

www.breadforthecity.org
info@breadforthecity.org
UW# 8219 CFC# 61733

Guidelines for Food Donations

Food gifts are accepted at Bread for the City's Northwest and Southeast Centers from 9am – 2pm on Monday through Thursday, and 9am – Noon on Friday. Donations may be delivered to the rear food pantry doors at both center and an in-kind donation receipt will be provided for tax records.

We support healthy eating at Bread for the City, and you can help! According to Feeding America, food insecurity can lead to Type 2 diabetes, high blood pressure, heart disease, and obesity. Similarly, the Food Research and Action Center has also published in their 2017 report that food insecurity can contribute to, or exacerbate, nutrition deficits, and that is linked to chronic diseases and conditions.

Listed below are suggestions for healthy food donations:

Fruits and Vegetables

- Fresh produce
- Low-sodium or water-packed canned vegetables
- Canned fruits in 100% juice or lite syrup
- 100% fruit and vegetable juices
- Dried fruits and vegetables

Proteins

- Low-sodium or water-packed canned meats and seafood (chicken, tuna, salmon, clams, etc.)
- Dried beans, peas, and lentils
- Low-sodium canned beans and peas
- Fresh or frozen meat (in its original packaging)

Dairy

- Shelf stable milk or non-dairy alternatives
- Shelf stable dehydrated milk
- Canned evaporated milk

Whole Grains

- Pasta, barley, brown rice, wild rice, and other complex carbohydrates
- Low-sugar breakfast cereal, oatmeal, rolled oats
- Whole grain flour

Healthy Fats

- Low-sodium nuts and nut butters
- Olive oil

Other

- Dry spices (salt free)
- Gift cards to D.C. area grocery stores

Bread for the City cannot accept prepared or cooked food, ramen noodles, macaroni and cheese, canned soups that are not low-fat/low-sodium, candy, highly processed food (Jell-O, cookies, etc.), or highly sweetened beverages.

If you prefer to mail your donation, please send it to:
Bread for the City, Attn: Volunteer & In-Kind Manager,
1525 Seventh Street NW, Washington, D.C. 20001.

