



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

## 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)

### ***Other***

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

### ***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

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.

#### **SOUTHEAST CENTER**

1700 Good Hope Road, SE  
Washington, DC 20020  
phone: (202) 561-8597  
fax: (202) 587-0537

#### **NORTHWEST CENTER**

1525 Seventh Street, NW  
Washington, DC 20001  
phone: (202) 265-2400  
fax: (202) 518-0545

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