



# DONATION WISHLISTS

## FRUITS+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

## DAIRY

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

## WHOLE GRAINS

- Pasta, barley, brown rice, wild rice, other complex carbohydrates

## HEALTHY FATS

- Olive Oil
- Low sodium nuts and nut butters

## PROTEINS

- Whole grain flour
- Fresh or frozen meat
- Dried beans, peas, lentils
- Low-sodium or water-packed canned meats and seafood (chicken, tuna, salmon)
- Low-sodium canned beans and peas
- Low-sugar breakfast cereal, oats

## OTHER

- Dry spices (low or no salt)
- Gift cards to DC area food stores

### DROP OFF AT EITHER OF OUR LOCATIONS:

1525 7th St NW  
Washington, DC 20001

1700 Marion Barry Ave SE  
Washington, DC 20020

Mailed donations to: Bread for the City, Attn: Volunteer Team  
In-kind donation receipts will be provided for tax records.

Questions? Email [InKindDonations@breadforthecity.org](mailto:InKindDonations@breadforthecity.org)





# DONATION WISHLISTS

## CLOTHING ROOM

- Men's clothing
- Women's clothing
- Children's Clothing
- Books
- Coats
- Hanger stackers
- Disposable gloves
- Gloves, hats, caps
- Small household items
- Shoes
- Underwear
- Toiletries (soap, toothpaste, toothbrushes, lotion, shampoo, etc.)
- Trash bags
- Small bins

## DIAPERS & BABY SUPPLIES

- Diapers size 5 & 6
- Pull-ups size 2-5t
- Baby wipes
- Baby bottles
- Formula
- Baby blankets
- Bibs
- Baby wash
- Baby oil
- Baby powder
- Diaper cream
- Pacifiers
- Car seats
- Cribs
- Strollers and walkers

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