



BERKELEY FOOD PANTRY

A Project of Berkeley Friends Church

DONATING FOOD TO THE BERKELEY FOOD PANTRY

Updated November-December 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.

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:

- Canned pumpkin and pre-made pie crust
- Canned cranberry
- Potatoes
- Onions
- 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
- Children's books (books for all ages welcome)

Thank you for your generous support!