



Thank you for helping us provide nutritious food and other resources to low-income individuals & families in Hampshire County. Donating is easy!

Not sure what to donate? Your favorite things to eat are a good place to start!

Donated food increases the selection in our pantry, empowering our clients to choose food that meets their families' needs. We gratefully accept a variety of unopened, unexpired, shelf-stable food items, including (but not limited to):

CANNED & BOXED GOODS

Beans
Canned fruits & veggies
Chicken/canned meats
Cereal/Granola/Oats
Crackers
Grains/Pasta/Rice
Healthy snacks
Hearty soups
Canned tuna/tinned fish

FLAVOR ENHANCERS

Condiments/Spices
Dried fruit
Honey/Jam/Jelly/Syrup
Ketchup/Mayo/Mustard
Nuts (shelled)
Pasta sauce
Peanut/nut butters
Pickles/Jarred veggies
Salsa

EVERYDAY ESSENTIALS

Baking soda/powder
Coffee (ground)
Cooking oil (olive, canola, vegetable, etc.)
Protein bars
Protein shakes
Sugar/Splenda/Stevia
Salt & Pepper
Tea

We aim to serve our clients with dignity and respect, so please be mindful of expiration dates. Gluten-free, low-sodium, and organic items are greatly appreciated in order to meet the dietary needs of all families.

We also accept personal care and cleaning products (full-size preferred) including:

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| Baby wipes | Body wash/soap | Deodorant |
| Baby powder | Period products | Dish soap |
| Diapers (size 2 and larger) | Shampoo and conditioner | Laundry detergent |
| Toilet paper | Toothpaste/brushes | Razors/shaving cream |

▶▶▶ If you donate both food and personal care/cleaning products, please package non-food items in a different bag so that we can weigh everything accurately. ◀◀◀

Prefer to make a monetary gift?

Make a gift online by scanning the QR code or visiting our secure giving page at northampton-survival.org/makeagift.

Or, send a check made out to Northampton Survival Center, 265 Prospect Street, Northampton MA 01060.

