

What's the best non-perishable food to donate to our BIT Community Food Hub?

Because we know our recipients well and understand best what they need and want, the best contribution you can make to our pantry is a cash donation.

If you would like to give the gift of nonperishable food, you can make the most of your food donation when you consider three very important things for us: ***nutrition, quality vs. quantity and, usefulness.***

Nutrition

We aim to provide our neighbors with the healthiest food possible. Here is an expanded list of healthy non-perishable foods you can donate.

- Canned fish, such as salmon, tuna and sardines
- Canned meats, such as chicken and turkey
- Quinoa, barley, oat and spelt.
- Rice (brown, wild)
- Steel-cut or rolled oats
- Whole grain dry cereals with at least 5 grams fiber/serving
- Whole grain pastas, such as whole wheat, brown rice flour or quinoa
- Fruits in natural juice with no sugar added
- Canned vegetables, low salt or no added salt
- Canned fruit packed in water versus syrup
- Canned or boxed low-sodium soups and stews
- Dried or canned legumes, such as peas, lentils, peanuts and beans
- Pureed foods, such as sweet potato, pumpkin and applesauce
- Low-fat dry or shelf-stable milk
- Nut butters, including peanut, almond, walnut

Quality vs. Quantity

We encourage you to give the best food possible, but also realize you have a budget. If you can afford to donate organic items, great.

If not, that's OK, too. Every donation makes a difference. What's most important is that we all come together to help our neighbors.

Other great things to donate that can help stretch a food budget:

- Dried herbs and spices and no-salt spice blends
- Popcorn kernels
- Dried fruits (preferably no added sugar), such as prunes, mangoes, apricots and raisins
- Granola, muesli
- Shelf-stable milk alternatives such as soy, almond, rice
- Seeds, such as sesame, sunflower or pumpkin
- Healthy oils, such as olive and avocado
- Green, white and herbal tea
- Plain, unsalted nuts such as almonds, walnuts, pistachios and pecans
- Natural sweeteners, such as honey
- 100 percent fruit juice
- aluminum foil
- aluminum pans
- can openers
- reusable tote bags (perfect for sponsorship opportunities)

Usefulness

Consider donating food with pop-top lids for someone who may have difficulty opening cans with a can opener.



THE BIT Center - Waverly Campus

3009 Greenmount Avenue

Fresh Food Distribution:

TUESDAYS 11:30AM - 2:30PM

info: 410-547-9934

www.TheBitCenter.org