



DONATION GUIDELINES

KITS FOR UNHOUSED NEIGHBORS WISHLIST

- Pop-top cans of soup
- Pop-top or bagged chicken/tuna
- Peanut butter
- Mini applesauce/fruit cups
- Individual Cereal bowls
- Bottled water
- Mini hand sanitizers
- Wet wipes
- Pads/sanitary napkins
- Silverware sets



Bread for the City cannot accept prepared or cooked food, ramen noodles, macaroni and cheese, candy, highly processed food (Jell-O, cookies, etc.), or highly sweetened beverages.

OUR FOOD WISHLIST

Fruits and Vegetables

- Fresh or low-sodium or water-packed canned vegetables
- Canned fruit
- 100% fruit and vegetable juices
- Dried fruits and vegetables

Whole Grains

- Pasta
- Barley
- Brown rice
- Wild rice
- Low-sugar breakfast cereal, oatmeal, rolled oats
- Whole grain flour

Proteins

- Low-sodium or water-packed canned meats and seafood (chicken, tuna, salmon, etc.)
- Eggs
- Cheese
- Dried beans, peas, and lentils
- Low-sodium canned beans and peas
- Fresh or frozen meat (in its original packaging)
- Low-sodium nuts and nut butter

Other

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

