



The Northshore Nourishing Network (NNN) has been helping alleviate hunger in our community for over 10 years, and during these challenging times its work is more important than ever. The NNN website (see below) has lots of information about local food banks and other hunger-related resources, and this handy 'How To' guide supplements this information. A lot of good people are doing a lot of good things out there ... thank you!

### **Donating to a Food Bank 101**

- \* almost all Food Banks have a 'most needed' list (on their website or FB page for example) to help donors. Use this as your guide, and follow any donation drop-off directions;
- \* please don't donate expired, opened, damaged items;
- \* if there's no 'most needed' list, check with the Food Bank to ask what, when and how they accept donations. Ask if they'll accept items such as gluten-free and other dietary restricted food, dish soap, laundry soap, baby food, diapers. You could also ask about making donations of fresh produce, frozen food, and dairy items, noting any special drop-off directions;

### **Donating to a Little Free Pantry (LFP)**

Little Free Pantries are a great neighborhood resource – you may have seen one and been curious – so here's a quick guide on how you can contribute.

- \* as is the case with brick and mortar Food Banks, some LFPs have a 'most needed' list on their door to make donating easy. If they don't, take a peek inside the pantry to see what types of food are already there. Please don't leave expired, opened, frozen or perishable items;
- \* shelf space is limited at a Little Free Pantry (LFP) so stick with 14oz sized canned goods, 1lb packages of rice, beans, etc;
- \* items such as bar soap, dish soap, and laundry detergent are always welcome: small (25 fl oz, 50 fl oz containers) and unscented brands are great;
- \* some LFPs have a weather/pest proof container available for donations when the pantry itself is full. Please use this if needed, or go back another day with your items.

### **Donating in general (especially if there is no 'most needed' list)**

Think beyond pasta, peanut butter, and tuna. Cooking oil, vegetable shortening, cans/cartons of broth, bags of flour (all-purpose, Masa, chickpea), sugar, salt, jars of dried herbs, dried peppers, cartons of shelf-stable milk (regular, soy, almond, rice), cans of evaporated milk, are all great options.

**For more information about the Northshore Nourishing Network, please go to**  
[www.nourishingnetworks.net/networks/northshore](http://www.nourishingnetworks.net/networks/northshore)

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