



DONATION TOOLKIT

SHARING YOUR BOUNTY



Thank You!

Thank you for donating to the cause! This work could not be done without you.

While all items are greatly appreciated, the food pantry is in special need of donations that help pantry guests eat healthy and live happily. As a donor, you can help by donating items that are:

Low in fat

Packed in water

Low in sodium

Packed in 100% juice

Gluten Free

Whole Grains

Why Healthy Donations?

There is a strong connection between healthy foods and living well. Having access to healthy foods means more success for children in school, better health for seniors, and the ability to fight disease.

Your donations make this possible!



EXAMPLES OF HEALTHY FOOD DONATIONS

- **Low-sodium canned meat** (i.e. tuna, chicken, salmon)
- **Low-sodium canned & boxed meals** (i.e. soup, chili, stew, macaroni & cheese)
- **Low-fat nut butters** (i.e. peanut butter, almond butter)
- **Low-sodium canned or dried beans** (i.e. black, pinto, lentils)
- **100% fruit or vegetable juice** (i.e. canned, bottled, boxed)
- **Low-sodium canned vegetables**
- **Canned fruit in 100% juice or water**
- **Fresh, in-season fruits & vegetables**
- **Low-fat shelf-stable milk** (i.e. cow, almond, oat, cashew)
- **Reduced-sugar cereal** (i.e. cereal boxes, oatmeal, cream of wheat)
- **Eggs from your home chickens**
- **Whole grain pasta**
- **Gluten free pasta**
- **Brown rice**



What Cannot Be Donated:

- Rusty or unlabeled cans
- Canned or packaged foods older than 36 months (3 years)
- Pre-cut fruit and vegetables (i.e. cut watermelon slices)
- Homemade items (i.e. bread, cheese, preserved fruit & vegetables)
- Alcoholic beverages, mixes, or soda
- Refrigerated or frozen items (i.e. refrigerated eggs and dairy products)
- Open or used items

DONATION DRIVE IDEAS

PLANT AN EXTRA ROW

When planning your annual garden, plant an extra row of vegetables, an extra fruit tree, or berry bush and dedicate all of the crops produced to your local food pantry.

HARVEST THE EXTRA

Collect any extra fruits or vegetables from your home garden or partner with a local farm to harvest the extra at the end of the growing season.

HOST A PRODUCE SCULPTURE COMPETITION

Host a produce sculpture competition using whole fruits and vegetables and donate the produce used to create the sculptures to your local food pantry.

BUY A LITTLE EXTRA

When checking out at the grocery store or farmers market, purchase an extra bag or two of uncut fruits or vegetables or other food items to donate to your local food pantry.

MAKE A DONATION PART OF AN EVENT TICKET

Hosting a party, game, or other event? Ask your guests to bring a produce or food donation as part of their "ticket" to the event.

BUILD "MY PLATE"

Ask participants to bring foods representing the food groups on "My Plate" (e.g. canned chicken represents the meat group).

DONATION DRIVE IDEAS

FILL DONATION BAGS

Distribute donation bags to your neighborhood, church group, etc. for them to take home and return to you with food items.

MAKE IT A COMPETITION

Invite co-workers, school classes, or your neighbors to compete in a food donation competition. See who can get the most donations! Throw in a prize or other incentive.

HOST A FOOD SCAVENGER HUNT

Make a list of needed food items. Go door-to-door in groups to ask for donations on the list. The group with the most donations from the list wins!

CULTURAL CELEBRATION

Host a celebration for a cultural holiday and ask attendees to donate foods belonging to that culture.

TRICK OR TREAT

Forget the candy - collect canned food to donate at your Halloween party.

FALL HARVEST DRIVE

Host a fall harvest themed drive and collect food donations as part of the event. Enjoy a meal together and donate the "harvest" to your local food pantry.

FILL SANTA'S SLEIGH

Invite your neighborhood, co-workers, or church group to fill a truck bed with food items to donate.

CONTACT YOUR LOCAL FOOD PANTRY TO REGISTER YOUR PRODUCE DRIVE

NEED TO KNOW ITEMS

- Best contact person and way to reach them
- When you are planning to hold the produce drive
- If you need donation bins or coolers
- When you will be bringing the donations to the food pantry

PRO TIPS

- Contact your local pantry to inform them you are planning on donating and schedule a delivery time
- Contact your local pantry to see what food items are needed the most
- Do not donate badly bruised or spoiled fruits and vegetables
- Do not donate fruits and vegetables with obvious signs of pests
- Only whole, uncut fruits and vegetables can be accepted. Do not donate pre-cut items (i.e. cut watermelon)
- When collecting produce donations, keep them in a cooler or refrigerator and out of the sun



Food Drive FAQ

How do I register for a food drive?

Visit tabithasway.org to get started or contact the pantry directly during business hours. We are here to help!

How long should a food drive be?

It's recommended to hold your food drive for 1-2 weeks. Ideally, it should be long enough to generate a good amount of food.

When should I deliver my donations?

Please call **801-709-8573 (Spanish Fork)** or **801-692-1881 (Pleasant Grove)** to set up a time when donations can be accepted.

Won't the donated produce go bad before someone gets it?

Produce is kept in a refrigerator or other food-safe bins so that it stays nice and fresh for our pantry guests. If something does go bad, it gets disposed of properly and is not given to a guest.

Do you accept donations other than food?

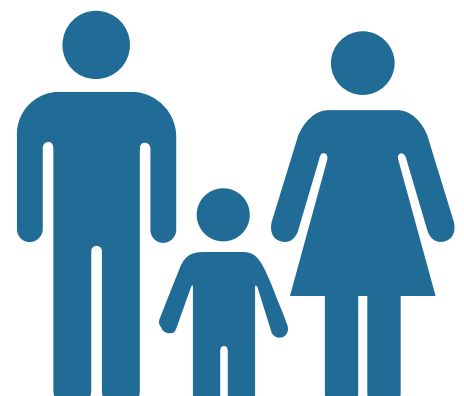
Yes! Donations of boxed diapers, shampoo, and more are welcomed! Contact the pantry if you want to donate something, but are not sure if it will be accepted.

Do you accept monetary donations?

Yes! On average, for each dollar donated we can provide 5 nutritious meals.

Is there anything else I can do?

Yes! Volunteer at a pantry location! It's a great team-building activity and you will learn how donations are put to use.





TABITHA'S WAY LOCAL FOOD PANTRY

SPANISH FORK PANTRY

50 E. 100 N.

SPANISH FORK, UT 84660

801-709-8573

PLEASANT GROVE PANTRY

675 W. GARDEN DRIVE, SUITE 100

PLEASANT GROVE, UT 84062

801-692-1881

TABITHASWAY.ORG

