

Donating Safe and Nutritious Food to Food Pantries and Soup Kitchens

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Fact Sheet

Donating Safe and Nutritious Food to Food Pantries and Soup Kitchens

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Introduction

The United States has an abundance of food; yet many people in the U.S. still suffer from food insecurity and use food assistance such as food pantries and soup kitchens. Much of the food in the U.S. food supply is wasted but some of it could be utilized by hungry families. In fact, it is estimated that 30 to 40 percent of the food supply is wasted (not available for human consumption) in the U.S., with 31 percent food loss at the retail and consumer levels. Donations of safe and healthy food by food retailers and consumers to entities such as food pantries and soup kitchens can help provide food to



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Outline

- Food donations background
- What can I donate?
- What should I not donate?
- Other food safety information

Community food donations

- An important source of food for families trying to make ends meet
- A way for neighbors to help neighbors
- Instill values of caring and sharing in families and children
- Bill Emerson Good Samaritan Food Donation Act- 1996
 - Reduces liability if donations made in good faith



Reduce food waste

- Donations help provide food to hungry people and also reduce food waste
- 30% of U.S. food supply is wasted at retail and consumer levels



Help food pantries control waste, too

- Don't just “clean out your cupboard” and donate foods you can no longer use
- Donate safe and healthful food to help pantries avoid waste and keep customers healthy



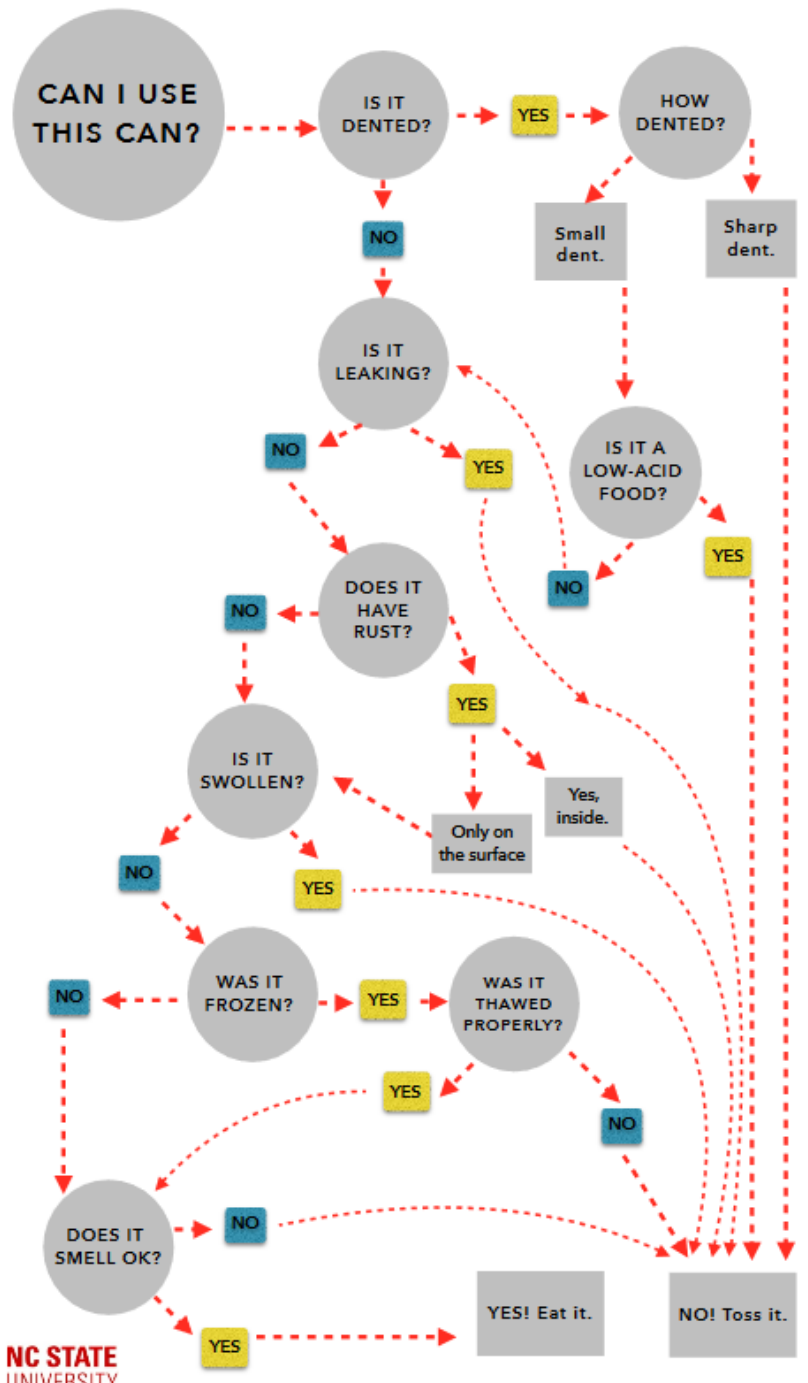
Can I donate.....?

NO!

- Expired food (pantries can ~distribute though)
- Spoiled, moldy food
- Home canned or prepared foods
- Opened or repackaged food
- ~Damaged packages, dented cans
 - Flowchart on next slide



NO!



Can I donate.....?

It depends-

- Fresh fruits and vegetables
- Refrigeration-required foods
- Frozen foods- no large ice crystals
- Meat and poultry must be from licensed processor

***Contact your food pantry to find out what they can accept**



Can I donate.....?

YES!

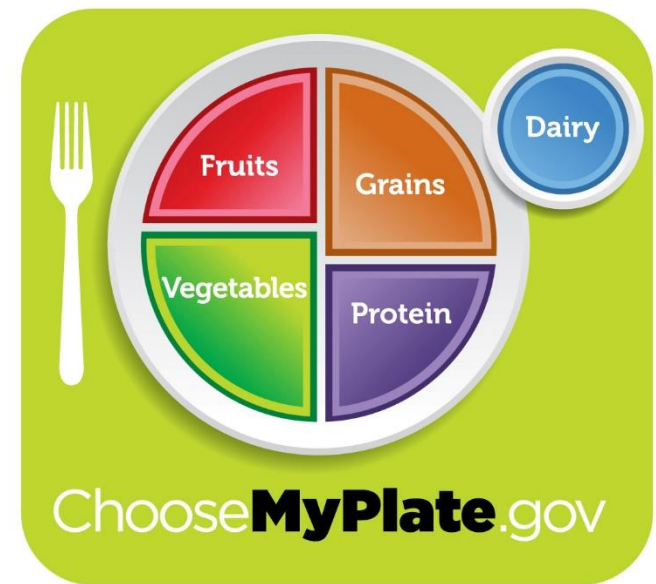
- Non-perishable, nutritious canned and packaged foods
- Monetary donations
- Volunteer time



Yes!






You can give the gift of better health by donating nutritious foods to food pantries and community food drives

Use MyPlate as the pattern for a healthy diet.



Extension food drive flyer

- Gives suggestions for nutritious foods in each food group.
- Flyers available through SNAP-Ed program

Food Group	Suggested Non-Perishable Items
 <p>Fruits</p>	<p>Canned in light syrup or juice; dried:</p> <ul style="list-style-type: none"> - peaches - fruit cocktail - oranges - pears - applesauce - apples - cranberries (canned/dried) - raisins - pineapple - 100% fruit juice
 <p>Vegetables</p>	<p>Low sodium canned:</p> <ul style="list-style-type: none"> - corn - peas - carrots - beets - green & wax beans - mixed vegetables - sweet potatoes/yams - tomatoes and tomato sauces - soup
 <p>Grains</p>	<p>Healthful Grains:</p> <ul style="list-style-type: none"> - whole-grain crackers - brown rice - whole grain pasta - whole-grain breakfast cereal - whole wheat flour - cornmeal - oatmeal - granola bars
 <p>Protein</p>	<p>Protein Foods:</p> <ul style="list-style-type: none"> - canned or dried beans: kidney, navy, garbanzo, pinto, great northern, black - canned tuna or salmon (water packed) - canned chicken - nuts: walnuts, pecans, peanuts, almonds - nut butters
 <p>Dairy</p>	<p>Dairy:</p> <ul style="list-style-type: none"> - nonfat dry milk - evaporated milk - shelf-stable (UHT) milk
<p>For individuals with limited kitchen access:</p> <ul style="list-style-type: none"> - single-serve, canned pull-tab foods such as fruits, vegetables, pastas, stews, chili, beanie-weenies, ravioli, meats such as Vienna sausages, chicken and noodles, pasta with meat, etc. - individual 100% juice boxes 	
<p>Contact your local food pantry to find out what other items they may need. Consider gluten-free, dairy-free, nut free items as well.</p>	

Donating to soup kitchens

No regulations currently in Kansas, but best practices anywhere:

- Only donate food prepared under license
- Food handled safely throughout
 - Use practices listed in Volunteer Quantity Cooks publication
 - Only donate food prepared but NOT served
 - Good temperature control
 - Held in food-safe containers
 - Hygienic handling

Food pantries and the people they serve are grateful for any and all donations, but—



-- donating a variety of safe and nutritious foods will help food pantry customers have a better diet and a healthier life.

More information

- **Food Pantries and Food Banks- North Carolina State Univ**
<https://foodsafety.ces.ncsu.edu/food-pantries-and-food-banks/>
- **University of Wisconsin Safe Food Pantries**
<http://fyi.uwex.edu/safehealthypantries/>
- **University of Missouri Healthy Shelves resources**
<http://foodsecurity.missouri.edu/healthy-shelves/>
- **KSU Extension Food Safety- includes food waste reduction**
www.ksre.k-state.edu/foodsafety

Contact Details

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