

UNITED WAY OF GREATER WATERBURY



FOOD DRIVE DO'S AND DON'TS

Donate

- Canned fruits, vegetables, beans, and proteins
- Cans with pull tabs (these are important for those who may not have a can opener)
- Kitchen essentials such as flour, sugar, oil, and spices
- Rice, pastas, and grains
- Shelf stable milks
- Kid friendly snacks: Applesauce, fruit cups, & granola bars
- Microwavable meals
- Pancake mix and syrup
- Cereal and Oatmeal
- Instant potatoes
- Peanut butter and Jelly
- Mac & Cheese (especially ones that do not require milk and butter)
- Soup
- Pasta sauce
- Popcorn
- Crackers
- Stuffing mix
- Tea/ Ground Coffee

Do Not Donate

- Expired items
- Damaged cans
- Open items
- Unmarked food items
- Homemade items
- Items that require refrigeration
- Avoid bulk items that are not individual packaged such as flour and rice
- Any food you would NOT eat or feed your own family

Non Food Items

- Can openers
- Reusable bags
- Toiletries
- Dish soap
- Sponges
- Paper towels
- Disposable plates, bowls, and utensils



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