



www.betheldurham.org
p. 919.682.1238 f. 919.682.7898
1004 Watts St, Durham NC 27701

**MASTER LIST: SOCIAL ACTION ONGOING FOOD DRIVE
(updated on 9/8/15)**

Following are considerations for food to be collected:

No glass

Easy to open – ready to eat

Regular preparation – (not ready to eat)

Kid-friendly

Expiration date – Dry goods, generally one year beyond printed date

Dividable portions (e.g. 4 pack of pudding cups)

Packaging for individuals

Packaging for families

Not too heavy to carry

Bags, napkins, forks, spoons for people who come to us for Ready to Eat food

Nutritionally balanced packages (healthy meals)



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Below is a list of foods for Beth El and the Food Banks:

Canned meat (Spam, tuna, chicken, salmon, beef stew (pop-top can)
Beef Sticks
Beans, peas & lentils (canned or dry in bags) Beans and Franks (pop-top can)
Canned pastas (e.g. Chef Boyardee, Spaghetti Os),
Canned soups & vegetables (low sodium)
Cups, cans of fruits (preferably packed in 100% juice, peaches, applesauce, etc.)
Cups, cans vegetables (corn, green beans etc. preferably low or no salt)
Raman Noodles
Macaroni and cheese
Pasta sauce (in cans or plastic)
Peanut butter (plastic jars)
Rice
White, chocolate milk not needing refrigeration (dry milk)
Oatmeal or other hot & cold cereals
100% fruit juice pouches or juice boxes (orange, apple)
Popcorn
Raisins or other dried fruit, snack size boxes
Cereal
Cereal/Granola Bars
Pudding Cups
Animal/Graham Crackers
Cheese and/or peanut butter crackers,
Nuts (almonds, walnuts, pecans) & seeds (sunflower, pumpkin seeds)
Trail mix
Snack mixes
Fresh produce for our local people (no more than 2-3 days old)
Dry pasta