

ACCEPTING DONATIONS

FOR THE CONNECTION'S PROGRAMS

ITEMS NEEDED

- Non-perishable food
- Travel sized personal care products

Please check expiration dates on your donations. Only items that are sealed and within their shelf life can be accepted.



The Connection

ABOUT US:

Founded more than 50 years ago, The Connection is a statewide nonprofit agency providing unique solutions to the problems of homelessness, mental illness, substance use, and community justice rehabilitation. Our 47 programs serve 10,000 people each year.

DROP-OFF LOCATION



Contact Us :

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theconnectioninc.org

MAKE EVERY MEAL COUNT

FOOD DONATION GUIDELINES

FOR THE CONNECTION'S PROGRAMS

ITEMS NEEDED

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Travel sized personal care products



TIPS ON WHAT TO DONATE:

- Think about items that can be used for different meals of the day, and single ingredients that can be used together (for example, peanut butter and jelly instead of only peanut butter).
- Please help us support the health and well-being of our clients and community by increasing the amount of healthy food you donate.
- Please check expiration dates on your donations. Only items that are **sealed** and **within their shelf life** can be accepted.



Fruit

- **Canned fruit**, with 0g of added sugar or less than 12g of total sugar
- **100% fruit juice**



Vegetables

- **Canned vegetables**, with less than 230mg of sodium and less than 0g of added sugar or less than 12g of total sugar
- **100% vegetable juice**



Protein

- **Canned beans**, low-salt (less than 230mg of sodium)
- **Peanut / nut butter** with less than 5g of saturated fat
- **Dried beans**
- **Canned tuna or chicken in water**



Dairy

- **Shelf Stable Low-fat or non-fat milk**



Whole Grains

- **100% whole wheat or whole grain bread, tortillas, and pasta**
- **Brown rice**
- **Oatmeal**
- **Cereal**, with first ingredient whole-grain and with less than 6g of added sugar



Other Food Items

- **Canned soup or broth**, low- or no salt-added (less than 480mg of sodium and less than 3g of saturated fat)
- **Spices and dried herbs**



Personal Care Products

- **Toothbrushes**
- **Mouthwash**, travel size
- **Shampoo / Conditioner**, travel size
- **Deodorant**, travel size
- **Bodywash**, travel size
- **Feminine Hygiene supplies**

