

Healthy Pantry Items



Drop-Off Location and Hours

Our main drop-off location for donations is 71 O Street, NW, Washington, DC 20001
6:30am-3:30pm Monday-Friday and 6:30am-3:00pm Saturday-Sunday

Thank you for helping to feed the hungry in our community!

Healthy Snacks

- Individually packaged:
 - Nuts (no salt or low salt added)
 - Dried Fruit (no sugar added)
 - Peanut Butter/Nut Butters
 - Apple sauce (no sugar added)
- Popcorn
- Granola Bars (<10 grams sugar)
- Oatmeal (low sugar)
- Rice cakes

Whole Grains

- Quinoa
- Brown Rice
- Whole wheat pasta
- 100% whole wheat bread
- Oatmeal (low or no sugar)
- Cereal (low sugar)

Proteins

- Canned chicken, tuna, salmon (in water)
- Canned sardines
- Dried beans
- Canned beans (no sodium added)
- Lentils

Condiments

- Mustard
- Salsa
 - Oils:
 - Coconut oil
 - Olive oil
 - Sesame seed oil
- Vinegars
 - Apple cider vinegar
 - Rice vinegar
 - Balsamic vinegar
 - Red wine vinegar
- Spices:
 - Garlic powder
 - Oregano
 - Basil
 - Black pepper
 - Sea salt
 - Paprika
 - Curry
 - Cumin
 - Celery seed
 - Dill



So Others Might Eat
www.some.org

