



Brookline Food Pantry Healthy Donation Guidelines

We welcome donations to the Brookline Food Pantry. To ensure your food donations have the greatest impact, please review the guidelines below.

Check the expiration date.

Food pantries cannot accept previously opened items. It can accept canned items up to one year past expiration date.

Choose low-sodium canned or packaged items.

Look for items with the words “low-sodium,” “reduced sodium,” or “no added salt”.



Consider donating fresh fruits and vegetables.

Please contact the Food Pantry 617-872-3060 for guidance about donating these items.

Check canned fruit and fruit juices for added sugar.



Choose canned fruits and fruit juices labeled “100% juice”. Dried fruits are also nutrient rich options.

Donate foods high in fiber and low in sugar.

Consider donating nuts and dried peas and beans. While food items such as cakes, cookies, candies, and sugary beverages are acceptable in moderation, they provide little nutritional value.

Avoid donating items in glass containers.

With the exception of baby foods, due to the possibility of breakage.

Refrigerated foods.

Please contact the Food Pantry 617-872-3060 before purchasing items that require refrigeration.

Whole grain foods offer the complete package.

Whole wheat bread, brown rice, quinoa, oatmeal, and other whole grain products are all great choices.



Brookline Food Pantry is a non-profit organization that collects and distributes food to Brookline residents who are low-income and in need of food. For more information about the Brookline Food Pantry, visit: <http://www.stpaulsbrookline.org/brookline-food-pantry.html>;

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