



HEALTHY FOOD DONATION LIST

Food drive items must be unexpired, undamaged, and unopened. NO GLASS PLEASE. Items can be dropped off to our warehouse at 15000 W. Eight Mile Rd., Oak Park, MI weekdays between 9 a.m. and 2 p.m.

Please note, we do not estimate monetary value of donated items but can provide a donation receipt upon request indicating total pounds donated.

- Peanut, almond or cashew butter – reduced sodium and low-sugar
- Canned soup, chili, pasta and stew - reduced sodium
- Canned vegetables and beans – reduced sodium or water packed
- Canned tuna, salmon, chicken or turkey – reduced sodium or water packed
- Pasta, barley, rice
- Pasta sauce or canned tomatoes - reduced sodium and low-sugar
- Canned fruit -100% juice or lite syrup packed
- 100% juices
- Dried beans, peas and lentils
- Whole-grain cereal - unsweetened or low-sugar
- Oatmeal and Cream of Wheat
- Nutritious snacks - dried fruits, nuts, trail mix and granola bars

Food drive items are always appreciated but a monetary drive is another way to help those in need! Just \$10 provides \$70 worth of groceries for area families in need and \$100 provides 500 pounds of nutritious fresh food for area families in need.



In 1990, we set down roots in the greater metro Detroit area and began rescuing food surpluses from grocery stores, markets, restaurants, caterers, and more. We took donated food, which would otherwise go to waste, and delivered it free-of-charge to emergency food providers in the metro Detroit area. Our work has since expanded to include Forgiven Harvest Farms, where we grow our own fresh food for those in need.

15000 W. Eight Mile Road | Oak Park, MI 48237 | 1-248-967-1500



www.forgottenharvest.org