

NONPERISHABLE FOODS

Nonperishable foods are “shelf-stable” items that do not spoil or decay. They can withstand months of shelf life. These types of items are found on the shelves of most home pantries, and these items are a vital staple for food shelves when serving hungry individuals and families. It is important for us to continuously collect nutritious foods from community food and cash drives so hungry individuals can receive knowledge and nutrition for proper health. Please donate kindly from the suggested categories and nonperishable suggestions below to help us provide well-balanced, nutritious foods to those who do not have enough to eat.

Canned food is almost always a safe bet when it comes to nonperishable foods, but also keep in mind other types of packaging. Instead of buying canned peaches, for example, consider dried fruit, which is less messy and easy to eat out of the bag. Salty foods should be avoided if drinking water is in short supply.

Please check expiration dates.

Fruits and Vegetables

Canned or dry fruits and vegetables in an array of colors will help ensure consumption of many vitamins and minerals.

- Canned vegetables
- Vegetable and fruit juices
- Canned fruit and fruit cups; dried fruit
- Canned tomatoes (juice and sauce)

Grains

Whole grains provide maximum nutrition value and long-lasting energy.

- Oatmeal Whole grain crackers
- Low sugar/high fiber cereals
- All pasta types
- Whole grain rice

Proteins

Lean meats and canned or dry beans provide the necessary fuel for muscles.

- Canned tuna, salmon or chicken
- Bean soups
- Baked beans
- Dried and canned beans and peas.
- Chili Beef stew
- Peanut butter and nuts

Culturally Sensitive Foods

African, Asian, Caribbean, Latino and other cultures.

Personal Care

Deodorants, lotions, diapers (medium/large sizes); feminine hygiene products, dental care, hair care, shaving needs, laundry detergent.

Additional items to consider

- Bottled water
- Canned and powdered milk
- Low sodium soups
- Jelly
- Salt-free crackers
- Trail mix
- Food bars such as granola bars
- Cereals such as oatmeal and granola
- Snack-sized foods with pull-off lids
- Snack-sized beverages such as Hi-C

Remember pets

- Canned or bagged nonperishable pet foods

SOURCES FOR GOODS

Your local grocery store

You'll find all manner of great items that are not likely to spoil. Many of them are conveniently packaged as an added bonus. Pudding cups are a favorite among children as well as adults, as are trail mix packages, dried fruits, and canned meats.

Your military surplus store

They have all kinds of nonperishable food items, many of them packaged as meals or "meals ready-to-eat." These meals usually have a rather long shelf-life, and are actually quite inexpensive when purchased in bulk. Also, they give appreciation of the food-related sacrifices soldiers make.

Your camping or hiking supply store

They offer a great deal in the way of dehydrated foods, which are also non-perishable. Check out this section of your local sporting goods store; you may be surprised.

Your World Wide Web

The Internet is full of great deals on nonperishable foods. If you dislike driving around from grocery store to camping supply store, just jump online.

Anyone can donate non-perishable foods to Wishing Well – individuals, organizations or corporations. Individuals or groups with donations less than 250 lbs., or about 10 grocery bags, may drop off their tax-deductible donation at a Wishing Well designated locations during opening hours. Please call 301-980-4262 or email events@wishingwelloutreach.org to set up drop off times.

Get your organization together and support our veterans in need today!

YES YOU CAN, DONATE A CAN!



WISHING WELL, INC.
Because Life Matters!

Wishing Well, Inc., P.O. Box 104, Hyattsville, MD 20781-0104

www.wishingwelloutreach.org

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**Support
Our
Veterans**