



Donating Food + Supplies

Nutritious food and program supplies are always in demand at The Stop. Whether you're donating as an individual or through an organized food drive, please refer to [our list of accepted items.](#)

- Canned goods:
 - Fruits, vegetables, vegetable juices, and 100% fruit juices
 - Pasta sauce
 - Tuna, salmon, and chicken
 - Beans, legumes, low-sodium broth, and soups
- Shelf-stable unsweetened milk alternatives (rice, soy, almond, coconut, etc.)
- Dried beans, legumes, and nuts
- Brown or wild rice, whole grain pasta, cereals, tortillas, old-fashioned oats or low-sugar oatmeal, whole grain crackers, granola bars, and gluten-free options
- Cooking oils, dried spices and herbs, and baking ingredients
- Sugar-free applesauce and dried fruit
- Dish soap and laundry detergent
- Baby food, diapers, baby wipes, and infant formula
- Personal hygiene items:
 - Soap, shampoo, and conditioner
 - Menstrual products, including tampons, pads, and menstrual cups
 - Toothbrushes, toothpaste, and floss
 - Deodorant
 - Disposable razors



PLEASE NOTE

We do not accept: clothing, toys, furniture, opened products, food or drink that is expired or past the best before date, soda/pop or sugar-added beverages, potato chips, candy, chocolate bars, ramen noodles, and canned pasta.

**EMAIL DONATE@THESTOP.ORG
TO DISCUSS DROP OFF DETAILS**