



Food For Thought is a 501(c) 3 non-profit organization dedicated to feeding the Toledo region in a thoughtful way. We utilize food delivery as a method not only to meet an urgent need in our community, but to be a catalyst for other methods of helping families in need in our area.

While we always happily accept monetary donations, we are often asked what types of food items are most needed. Below is a list of healthy food donation choices we strive to have available at every mobile pantry.

Healthy Foods Donation List

Fruits and Vegetables

- Canned fruits
- Canned vegetables
- Diced tomatoes
- Dried fruit
- Fruit or vegetable juice (100%)
- Shelf-stable fruit cups
- Spaghetti sauce
- Tomato sauce
- Fresh fruits or vegetables
- Frozen fruits or vegetables

Grains

- Brown rice or barley
- Low-sugar, high-fiber cereal
- Oatmeal
- Quinoa
- Whole grain breads
- Whole grain crackers
- Whole grain pasta
- Whole wheat flour
- Whole grain tortillas

Snacks

- Chips (individual bags)
- Pretzels, Snack Crackers
- Granola Bars
- Fruit Cups
- Fruit Snacks
- Dried Fruit, Vegetables, Meat (jerky)
- Cookies
- Popcorn

Fats and Oils

- Canola oil, Olive oil, Vegetable oil, Non-stick cooking spray

Protein

- Canned beans
- Canned chilis and stews
- Dried beans and peas
- Canned chicken, tuna, or salmon
- Nuts
- Peanut butter

Dairy

- Boxed shelf-stable milk
- Dry milk
- Evaporated milk
- Milk alternatives (calcium-fortified soy, rice, or almond milks; shelf-stable)

Supplies

- Disposable Gloves
- Plastic Sandwich Bags
- Cases of Bottled Water
- Napkins
- Paper Lunch Bags (Standard, Not Large Size)

PB&J Sandwiches

- Creamy Peanut Butter
- Fruit Jellies & Jams
- Loaves of Sliced Bread (White, Wheat)