LTSC Food Drive - Preferred Items

LTSC serves a wide range of clients experiencing food insecurity, from unhoused folks living on the street in our area to seniors in the community who are trying to make ends meet on a fixed income, as well as families with children who participate in our early childhood programs.

Food is essential as a basic survival need, but it's also so much more than that! In many cases, food serves as a tool for connection. It helps us build relationships with our program participants, while also ensuring that they feel supported and cared for. Food has even been shown to be a critical tool for improving mental and behavioral health, as it's much harder to navigate treatment and recovery if you're hungry, and unsure where your next meal is coming from. Additionally, consistent access to food reduces stress experienced by many of our community members.

Your support makes it possible for us to ensure that no one in our community has to go hungry, and we are so grateful!

Preferred items include…

Canned items (specifically those that do not require a can opener; ideally with a pop-tab):

- Soup
- Canned fruit
- Beans
- Tuna
- Canned chicken

Dry Goods:

- Pasta
- Potato chips
- Oatmeal
- Pretzels
- Cookies
- Cereal
- Beef jerky
- Dried fruits
- Nuts
- Rice (especially microwavable packets)

Condiments (that do not require refrigeration):

- Pasta sauce
- Peanut butter
- Soy sauce
- Ketchup
- Mustard
- Honey
- Hot sauce
- Olive oil
- Salt/pepper
- Spices/seasonings

Items to avoid:

- Proteins that require constant refrigeration/freezing
- Baked goods/prepared foods
- Cans that require can openers
- Leftovers/expired foods
    - People don't typically donate expired food on purpose, but we just ask that you double check dates before donating, just in case! In doing so, we also kindly request that you ensure that donated items have an expiration date of at least three months in the future.

If you have any questions, please reach out to our team! We'll be happy to help. Similarly, if folks in your network have food items that don't meet this criteria, but they're looking for somewhere to donate, please let us know. We may be able to help identify other organizations or community groups that can use different kinds of items.