



ST. THOMAS' Episcopal Church
3602 Hawthorne Avenue ☎ (804) 321-9548 ☎ Richmond, Virginia 23222



MOST NEEDED DONATION ITEMS

**UPDATED 5/13/2022*

- o EASY-OPEN READY-TO-EAT FOODS (STEWES, SOUP, RAVIOLI)
- o CANNED VEGETABLES – LOW SODIUM PREFERRED
- o CANNED TUNA / CANNED PROTEIN
- o CANNED SOUPS
- o PASTA
- o GRAINS (RICE, OATS)
- o LAUNDRY DETERGENT
- o BAR SOAP / HAND SOAP
- o TOILET TISSUE
- o FACIAL TISSUE
- o DIAPERS (ALL SIZES)
- o SHAMPOO / CONDITIONER
- o TOOTHBRUSHES / TOOTHPASTE
- o DEODORANT
- o FEMININE PRODUCTS (PADS, TAMPONS)

What to avoid:

Items needing refrigeration: Food like produce, dairy, and meat can spoil easily and we may not have the refrigerator or freezer space needed to keep these items fresh. Expired food: When considering what to donate, think about what you'd be comfortable serving your family. Avoid food that's past its "use-by" or "sell-by" date. Leftovers: To ensure the people they serve are safe, food pantries can't accept leftovers or anything made in personal kitchens because they aren't individually sealed and the food bank can't verify the ingredients or preparation process. Food with packaging concerns: This includes food with damaged packaging such as dented or bloated cans, packaging that is already open. A good rule of thumb is if you wouldn't consider buying it new, don't donate it.

For more information or to discuss pick up or delivery, please contact:

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The St. Thomas' Food Pantry is designated as an Emergency Relief Agency through our network partner, Feed More.