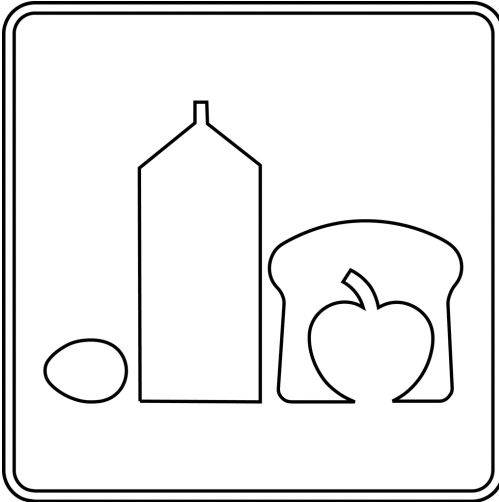


MILFORD DAILY BREAD FOOD PANTRY

21 Exchange Street, PO Box 122, Milford, MA 01757

508.478.4225



Pick Up Hours

Tuesday & Thursday 6:00-7:30 pm

Drop Off Hours for Donations

Monday 6:00-7:30 pm

Tuesday & Thursday 8:30-11:00 am

This document was created by the Hockomock Area YMCA's Healthy Futures Initiative in partnership with registered dietitians at Jewish Family & Children's Service and Milford Regional Medical Center. We are committed to educating the community on the value of healthy eating for all. Please consider donating from the Healthy Donation List below to help the Food Pantry offer healthy foods to residents of Milford and surrounding communities.

HEALTHY DONATION LIST



Whole grains including brown rice, whole-wheat pasta, quinoa (pronounced keen-wah), whole grain crackers, or whole grain bread



Whole grain cereals with no more than 6 grams of sugar per serving including plain oatmeal and boxed cereals



Gluten free grains, breads, or cereals are welcome



Canned fruit packed in 100% juice



Canned vegetables, beans, or pasta sauces low in sodium



Hearty soups low in sodium such as lentil, minestrone, black bean, or turkey chili



Dry beans such as lentils, kidney beans, or black beans



Peanut butter, Sun Butter (for people with allergies), nuts or seeds (such as almonds, walnuts, or sunflower seeds)



Olive or Canola oil



Beverages including bottled water, 1% or skim plain milk in individual size containers, 100% fruit juice boxes (less than 8 fl. oz. each), coffee, or tea



Personal hygiene products including disposable razors, toothbrushes, toothpaste, bars of soap, shampoo, deodorant, combs, brushes, feminine products



Household products including two ply toilet paper, napkins, paper towels, laundry detergent, and dish soap



Pet food and pet products



Supermarket gift cards