



Food Donation List for UrbanPromise Families

Culturally-Relevant, Non-Perishable Items

Your donations will directly help families in our community who are facing economic hardship due to fear of leaving their homes for work. These families are choosing between paying rent and buying groceries, and your generosity makes a real difference. Every item donated helps a family put food on the table during an incredibly difficult time.

Thank you for standing with our families.

HIGH PRIORITY ITEMS (Most Needed)

Staples - Base of Many Meals

- **Rice** (large bags preferred)
- **Pinto beans** (dried or canned)
- **Black beans** (dried or canned)
- **Corn flour/Masa harina**
- **All-purpose flour**
- **Vegetable oil** or cooking oil (canola, corn)

Proteins

- **Canned tuna** (in water or oil)
- **Canned chicken**
- **Canned refried beans**
- **Lentils** (dried or canned)
- **Peanut butter**

Essential Cooking Ingredients

- **Tomato sauce** (8 oz cans)
- **Tomato paste**
- **Canned diced tomatoes**
- **Chicken bouillon** (cubes or powder - brands like Knorr)
- **Vegetable or beef bouillon**
- **Salt**
- **Garlic powder**

- **Onion powder**
- **Cumin** (comino)
- **Chili powder**
- **Oregano**
- **Bay leaves** (hojas de laurel)

VERY HELPFUL ITEMS

Canned Vegetables & Fruits

- **Canned corn** (whole kernel)
- **Canned green beans**
- **Canned peas**
- **Canned mixed vegetables**
- **Canned jalapeños** or other chiles
- **Canned peaches** (in juice or light syrup)
- **Canned pears**
- **Applesauce**

Grains & Pasta

- **Instant rice** (for quick meals)
- **Pasta** (spaghetti, elbow macaroni)
- **Oatmeal** (great for breakfast)
- **Instant oatmeal packets**
- **Cereal** (especially lower-sugar options kids will eat)

Sauces & Condiments

- **Salsa** (jarred)
- **Hot sauce**
- **Ketchup**
- **Mayonnaise** (shelf-stable until opened)
- **Soy sauce**

Beverages

- **Coffee** (ground or instant)
- **Hot chocolate mix** (Abuelita or similar brands)
- **Juice boxes** or pouched juice for kids
- **Powdered drink mixes** (Tang, Kool-Aid)

NICE TO HAVE (If Available)

Special Items

- **Canned chipotle peppers in adobo**

- **Canned green chiles** (diced)
- **Hominy** (for pozole)
- **Canned tamales** (quick meal option)
- **Instant soup packets** (chicken noodle, ramen)
- **Pancake mix** (just-add-water varieties)
- **Syrup**

Snacks for Kids








- **Crackers** (saltines, Ritz)
- **Granola bars**
- **Cookies** (Maria cookies, animal crackers)
- **Fruit cups** (in juice, not heavy syrup)
- **Pudding cups** (shelf-stable)
- **Popcorn** (microwave or kernels)

Baking Items

- **Sugar**
- **Baking powder**
- **Vanilla extract**
- **Evaporated milk** (for coffee and cooking)
- **Sweetened condensed milk** (for desserts)

ITEMS TO AVOID

Please **DO NOT** donate:

-  Expired food items
-  Opened packages
-  Glass containers (safety concern for distribution)
-  Items requiring refrigeration
-  Highly processed "diet" or "low-fat" versions (families need calorie-dense food)
-  Items with pork (unless clearly labeled - some families have dietary restrictions)
-  Extremely spicy items (unless mild alternatives also available)

SHOPPING TIP FOR DONORS

Budget-Friendly Shopping:

- Dollar stores often have great prices on canned goods, rice, and beans
- Aldi and Walmart have affordable options

- Buying in bulk (Costco, Sam's Club) and splitting with friends maximizes impact
- A \$20 grocery trip can provide substantial help to a family

Suggested \$20 Shopping List:

- 1 large bag rice (5-10 lbs)
- 2 cans pinto beans
- 2 cans black beans
- 2 cans tuna
- 1 jar salsa
- 2 cans corn
- 1 tomato sauce
- 1 bag masa harina
- 1 vegetable oil
- 1 chicken bouillon

This simple list provides the foundation for multiple meals. When in doubt, rice and beans are ALWAYS needed and appreciated!

THANK YOU!