



Pennsylvania  
Resources  
Council

# Donating Food



WE CAN  
**STOP FOOD WASTE**  
ONE DECISION AT A TIME

SHARING NEIGHBOR TO NEIGHBOR

EAT WELL, SAVE MONEY, WASTE LESS



**Donatable food is not only limited to cans or store bought items**

**You can also donate:**

- **PRODUCE**, including from your garden
- **LEFTOVER CATERED FOOD**

Besides food banks, look for community pantries and boxes, buy-nothing groups, and neighborhood food swaps.

## WHEN YOU HAVE ABUNDANCE, SHARE!

Reduce food waste, fight hunger locally, and be a good neighbor.

While these general rules of thumb can help you plan your donation, always contact your local food rescue beforehand to make sure you're following all policies and guidelines.

### NON-PERISHABLE GOODS

- **PACKAGING:** in original, unopened, undamaged packaging
- **TIMING:** must be before sell-by date
- **TYPES:** shelf-stable canned and dry goods such as: soup, pasta, rice, cereals, canned fruits and vegetables, instant mashed potatoes, crackers, mac & cheese, cooking oil, & baking supplies



### GARDEN PRODUCE



- **SHELF LIFE:** make sure all produce has at least 3-5 days of shelf life
- **CLEANING:** clean produce properly before donating
- **SAFE HANDLING:** use good hygiene practices when harvesting and handling fresh produce
- **TRANSPORT:** use a tarp when transporting produce in your vehicle

### LEFTOVER CATERED FOOD

- **PREP:** prepared in a facility inspected by the Department of Health
- **TEMP:** covered and stored at safe temperatures
- **HANDLING:** only handled with utensils and gloves
- **TIMING:** donated as soon as possible after your event



**1 in every 11 Pennsylvanians is experiencing food insecurity**

### Why should WE care about food waste?

You can have a direct effect on reducing residential waste, which in turn has personal, local, and global impacts!

#### DO IT FOR YOURSELF

Eat Well while saving money

#### DO IT FOR OTHERS

Fight food insecurity & support local farmers

#### DO IT FOR THE PLANET

Conserve natural resources, lower greenhouse gas emissions & save space in landfills

## Donating Food RESOURCES



**Pittsburgh:** Greater Pittsburgh Community Food Bank, 412 Food Rescue

**Central PA:** Central Pennsylvania Food Bank

**Philadelphia:** Philabundance, Philly Food Rescue

Get a receipt for a tax write-off



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