

FOOD

DONATIONS

for Martha's  Table

Perishable & Non-Perishable

We use these in our on-site free market and for meals we prepare for our community.

Fresh produce, eggs and dairy



Canned or frozen turkey, chicken & salmon



Beans & lentils- dry or canned



Whole grain crackers, Low-sugar cereal (low-sugar) & Rolled oats



Canned vegetables (low-sodium) & Canned fruit (packed in water or juice)



Pasta sauce and tomato sauce



Coffee & Tea



Grains & quinoa (we do not accept rice donations due to the risk of bug infestation)



Nuts, Healthy snacks like dried fruit (without added sugar), applesauce, low-sugar oatmeal and breakfast bars, Peanut butter



We distribute these every night on McKenna's Wagon, our mobile food truck that supports neighbors in need.

Prepared

Trail mix (made from whole wheat/grain cereal, nuts, and dried fruit without added sugar), Whole wheat peanut butter & jelly or meat & cheese sandwiches, Homemade muffins



18 Foods We Can't Accept

Any prepared foods that were not handled according to health code standards, hot dogs, hamburgers, pizza, fries, chicken tenders, TV dinners, prepared macaroni and cheese and egg salad sandwiches. Baked goods not listed on our website. Non-perishable: chips, soda, energy drinks, sports drinks, miscellaneous condiments, candy, junk food, packaged desserts.

Thank you!

We believe everyone has a right to healthy food and we are committed to providing that food to the communities we support, including the children in our early childhood education program, families who visit our markets, and neighbors who utilize McKenna's Wagon.

We are grateful to our generous donors, who understand and support our efforts to focus on healthier food in the D.C.

<http://marthastable.org/wp-content/uploads/2014/11/2014FoodWishList.pdf>
donations@marthastable.org