



Support Open Table by Donating Groceries

Open Table strives to offer its guests foods high in nutritional value such as whole grain foods, low-sodium canned foods and juice and canned fruit with no added sugar. Thank you for helping us work towards this goal. Please do not donate any opened or out-of-date foods.

High-demand foods:

- *Cereal (whole grain first ingredient)*
- *Dried beans & legumes (especially black beans & lentils)*
- *Cooking Oils (canola & olive, 12-24 oz.)*
- *Coffee (including instant) and tea*
- *Spaghetti sauce*
- *Strawberry and grape jam/jelly*
- *Soups (low sodium, protein > 7 grams/svg.)*
- *Canned corn (low sodium)*
- *Whole grains (barley, couscous, quinoa etc.)*
- *Baking supplies and mixes*
- *Nuts and raisins*

Also needed:

- *Personal hygiene items (shampoo, toothpaste and brushes, soap, deodorant, feminine products, etc.)*
- *Paper bags with handles*
- *Reusable grocery bags*

Open Table Donation Hours:

Maynard: 33 Main Street

Mondays 9:30 – 11:30 am
Tuesdays 10:00 am – 12 noon
Thursdays 11:30 am – 1:30 pm

Concord: 105 Everett Street

(preferred drop-off location for all non-perishable donations)

Tuesdays 2:00 – 5:00 pm

For directions to our pantries and other drop-off locations, please visit www.opentable.org

For questions, or to arrange pick-up or delivery at other times, contact us at pantry@opentable.org



THANK YOU for your interest in supporting Open Table