



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 to work toward this goal. Please do not donate any opened or out-of-date foods.

High-demand foods:

- *Cereal (whole grain, low sugar preferred)*
- *Oatmeal or whole grain hot cereals*
- *Jam and/or jelly*
- *Coffee (ground or instant, not coffee pods)*
- *Tea and/or hot chocolate*
- *Almond or soy milk (shelf stable)*
- *White tuna in water*
- *Stews and/or other canned meat proteins*
- *Pasta sauce (marinara, with meat and/or veggies)*
- *Soups (hearty, kid-friendly, vegetarian and/or cream style)*
- *Side dishes (pilaf, noodle dishes, whole grain side dishes)*
- *Gluten-free side dishes/foods of any type*
- *Nuts, dried fruits, snack mixes*

Also needed:

- *Personal care health items for adults (toothpaste, liquid soap, shampoo)*
- *Diapers for infants/children (any size)*
- *Paper bags with handles*

Open Table Food Donation Locations and Hours:

Concord Community Donation Center **105 Everett Street**

Tuesdays 2:00 pm – 5:00 pm
To arrange for delivery at other times,
please contact pantry@opentable.org
This is Open Table's preferred donation site.

Maynard Pantry

33 Main Street
Mondays, Tuesdays, and Thursdays
10:00 am – 2:00 pm

For directions to either of these sites and other drop-off locations, please visit www.opentable.org
Questions: please contact us at pantry@opentable.org



Please, no opened or expired food