



Most Needed Donation Items

Help stock our shelves and donate non-perishable food items. Below is a list of our most needed items for our Food Pantry, Despensa, and Home Delivery programs.

- Bagged Rice (Brown or white)
- Canned Chicken (in water)
- Canned Chicken Soup
- Canned Mixed Vegetables (low sodium)
- Canned Peaches (in natural juice)
- Canned Pineapples
- Canned salmon
- Cheerios' Cereal
- Dry black-eyed peas (1-2lb bags)
- Peanut Butter
- Refried and Dry Beans (Pinto and Black)
- Tomato Paste



Support our partners! Consider purchasing your donations from any of our rescue partners below:

- Trader Joe's (483 N. Harlem, OP)
- Sugar Beet Food Co-op (812 Madison, OP)
- Jewel Osco (Any in Oak Park or River Forest)
- Aldi (Any local)
- Costco (Melrose Park)

Thank you for supporting Beyond Hunger!