

Most Needed Donation Items

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

High Need Items (10 points each)

- Bagged White Rice
- Bagged Brown Rice (2lb bags)
- Canned peaches (in natural juice)
- Canned Tuna
- Canned Chicken
- Canned Salmon

Essential Items (5 points each)

- Canned Soup (Low Sodium)
- Cheerios' Cereal
- Canned Mixed Vegetables (low sodium)
- Tomato Paste
- Refried Beans
- Dry Beans (Pinto and Black)
- Canned Fruit (in juice)
- Gluten free pasta
- Canned sardines (in water)
- Vegetable oil (12 – 16 oz)



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 (Forest Park or any local)
- Costco (Melrose Park)
- Forty Acres (Chicago)

Thank you for supporting Beyond Hunger this spring!