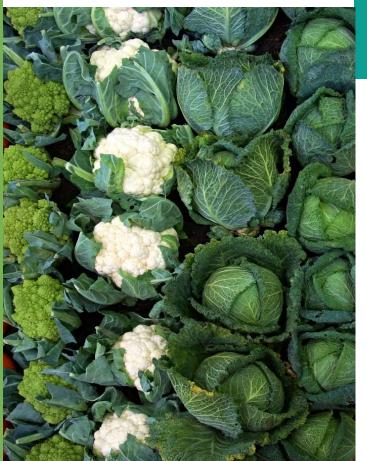
Shepherd's Gate

Livermore 1660 Portola Ave Livermore, CA 94551 925-443-4283

Brentwood 605 Sycamore Ave Brentwood, CA 94513 925-308-7507

Produce Donation

We are always on the lookout for donations of fresh produce, which is both full of nutrients and helps promote home- cooking. Many of our neighbors realize they have an excess of produce in their p-patches or home gardens. To donate contact Carol Aivagedis in Livermore at caivagedis@shepherdsgate.org or Tina Moore in Brentwood at tmoore@shepherdsgate.org.



Nutrition Guidance for Food Donations

Our Commitment

Shepherd's Gate recognizes the important role that food and nutrition play in our neighbors' health. To acknowledge the generational impacts of oppressive practices, policies and structures that perpetuate food access challenges in Alameda County and Contra Costa County we strive to provide nutritious foods to our community. While we accept all donations, some options support our commitment to our neighbors more than others. Please use this list to guide your donation choices.

Donation List

Proteins

Low sodium, packed in water

Canned chicken

Canned tuna

Canned roast beef

Canned beans

Nutritional shakes

Fruits and Vegetables

Low sodium, no sugar added, packed in water or juice

Fresh fruits and vegetables

Canned vegetables (green beans,

corn, beets)

Canned fruit (any variety)

Grains

Whole grain when available. Bags 5 pounds or less

Rice

Whole grain pasta

Oats

Cooking Essentials

Vegetable-based oils

Coconut Oil

Spices (salt, pepper, cumin, ginger,

garlic, etc.)

Healthy Snacks

High Fiber granola bars

Nuts

Instant Oatmeal

Protein bars

Beefy Jerky or Beef Sticks

Smart Pop Popcorn

Beverages

Coffee (instant or ground)

Tea

Shelf-stable milk

100% fruit juice (no sugar added)

Bottled Water

Baby/Toddler Foods

Meat Pouches

Fruit and Veggies Pouches

Little Crunches, Puffs

or Sticks

Yogurt Melts

Hygiene Items

Deodorant

Toilet paper

Shampoo (Full Size)

Conditioner (Full Size)

Body wash (Full Size)

Toothbrushes

Toothpaste (Full Size)

Household Items

Household cleaning items

Toilet paper

Paper Towels

Laundry Detergent Pods

Trash Bags

