

# Food For All

Creating equity and inclusivity through food

## Food Allergies & Dietary Preferences

Our Food For All program provides culturally relevant food and options for pantry guests with food allergies and sensitivities, and other dietary or lifestyle preferences. Below are common dietary restrictions and types of food to meet the needs of pantry guests. We recognize the lists aren't comprehensive and we're continually revising them. We welcome suggestions and feedback.

By contributing these types of foods or donating financially so we can purchase them on your behalf, you're putting relevant and needed food on the table for everyone who comes through our doors. Learn more at [bethlehemhouseofbread.org](http://bethlehemhouseofbread.org).

### Common Dietary Restrictions & Preferences

- Food allergies
- Gluten intolerance (Celiac disease)
- Lactose intolerance
- Vegetarian/Vegan
- Religious (e.g., Kosher, Halal, Hindu)
- Other (e.g., diabetic, low sodium, low sugar, high fiber)

More than 32 million Americans, including at least 6 million children, must avoid certain foods to maintain their health due to food allergies or other medical conditions.

### Pantry Shopping List

Help us stock the pantry with food that ensures all pantry guests have access to food they can and want to eat. The following are examples of priority products that can be purchased at most grocery stores.

#### FLOURS

Arrowroot  
Chickpea  
Cornmeal  
Hemp  
Masa  
Nut  
Oat

#### GRAINS

Amaranth  
Barley  
Bulgar  
Corn  
Millet  
Oats  
Quinoa

#### NON-DAIRY MILKS

Almond  
Coconut  
Hemp  
Oat  
Rice  
Soy

#### PROTEINS

Flax seeds  
Lentils  
Nuts  
Nut butters  
Tempeh  
Tofu

#### OTHER

Coconut oil  
Egg replacers  
Non-dairy butter  
Nutritional yeast  
Olive oil  
Vegetable stock

Drop off at Bethlehem House of Bread or send directly:  
9055 SW Locust Street, Tigard, OR 97223