

Food For All

Creating equity and inclusivity through food

Most Needed Pantry Staples

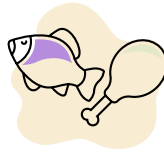
High Fiber, Low Sugar, Low Sodium

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, which includes prioritizing foods low in sugar and sodium and high in fiber.

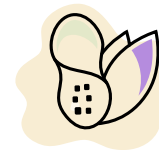
By contributing these types of foods or donating financially so we can purchase them on your behalf, you're putting relevant and needed food on the table for everyone who comes through our doors. Learn more at bethlehemhouseofbread.org.



PLANT PROTEINS
(Canned or dry beans,
whole nuts, lentils)



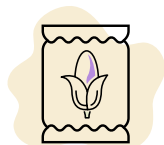
CANNED TUNA, SALMON OR CHICKEN
(In water)



PEANUT BUTTER
(No hydrogenated oils)



CANNED FRUITS
(In 100% juice)



CANNED VEGETABLES
(Low sodium)



WHOLE GRAIN HOT & COLD CEREALS
(Low sugar, high fiber)



COFFEE & TEA
(Always a pantry favorite!)



FRESH PRODUCE
(From your garden, farm, or store)



CONDIMENTS
(Ketchup, dressings, sauces)

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