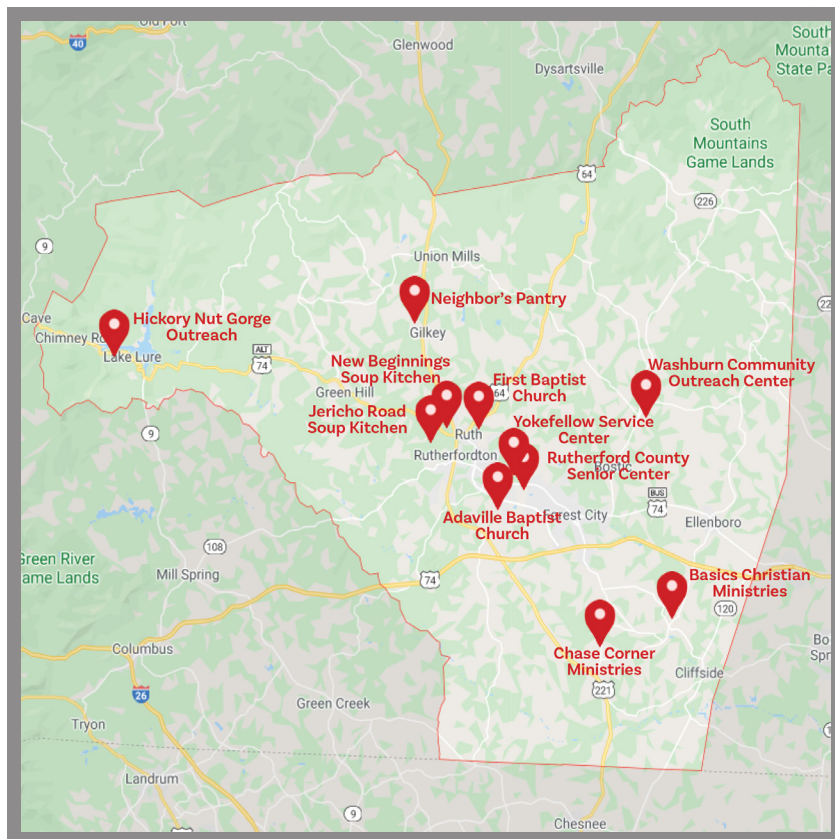




We have compiled a list of some of our food assistance locations in Rutherford County. Please contact locations for their specific assistance times. For more information about assistance in Rutherford County please call 2-1-1.

Nosotros hemos compilado una lista de locaciones de asistencia de alimentos en el condado de Rutherford. Por favor llamen a las locaciones para el horario de distribución de alimentos. Si necesitan ayuda a comunicarse con estas locaciones en inglés, llamen a 828-287-6011 o a 2-1-1.



Rutherford County Senior Center  
193 Callahan-Koon Rd. Suite 132, Spindale, NC 28160  
828-287-6409

Chase Corner Ministries  
1604 Chase High Road, Forest City, NC  
828-247-0096

Yokefellow Service Center  
132 Blanton Street, Spindale, NC 28160  
828-287-0776

Washburn Community Outreach Center  
2934 Piney Mountain Road, Bostic, NC 28018  
828-245-5603

Neighbor's Pantry  
217 Gilkey School Road, Rutherfordton, NC 28139  
828-652-5437

Basics Christian Ministries  
141 N. Main Street, Henrietta, NC 28114  
828-289-7996

Adaville Baptist Church  
805 Oakland Road, Spindale, NC 28160  
828-286-2361

New Beginnings Soup Kitchen  
668 North Washington Street, Rutherfordton, NC 28139  
828-286-9278

Jericho Road Soup Kitchen  
330 North Ridgecrest Avenue, Rutherfordton, NC 28139  
828-980-1466

Hickory Nut Gorge Outreach in Lake Lure  
2556 Memorial HWY, Lake Lure, NC 28746  
828-625-4683



# HEALTHY FOOD DONATION PROJECT

The Healthy Food Donation Project is coordinated by NC Cooperative Extension in Rutherford County in partnership with the Rutherford County Food Council. The goal is to promote healthier options for families who depend on food pantries and/or soup kitchens to meet their nutritional needs. This project also addresses cooking challenges faced by families due to temporary housing situations and limited kitchen equipment (*such as a working stove*).

The list below was created for businesses, civic organizations, volunteer groups, and others who are interested in donating food and advocating for the improved health and well-being of all Rutherford County citizens.

## **IMPORTANT NOTES RE: FOOD DONATIONS**

- ◆ *No high-fat, high-sugar, high-sodium foods please!*
- ◆ *Smaller portions of most foods are best due to limited pantry and refrigerator space.*



## **Fruits & Vegetables**

- Fresh vegetables such as, but not limited to, potatoes (white, red, sweet), carrots, onions, garlic, bell peppers, and tomatoes
- Fresh fruits such as, but not limited to, apples, bananas, oranges, grapes, and berries.
- Canned vegetables and vegetable juice, low-sodium
- Spaghetti/pasta sauce, no sugar added
- Salsa
- Canned fruits in 100% juice or water
- Dried fruits and vegetables, no added sugar
- Frozen fruits and vegetables, no sauces or seasonings

## **100% Whole Grains**

- Whole grain bread, pasta, tortillas, crackers
- Old-fashioned oats
- Brown rice
- Popcorn
- Whole grain cereal, less than 6 grams sugar

## **Proteins**

- Dried beans, peas, and lentils
- Canned beans, low-sodium
- Canned tuna, salmon, chicken packed in water, low-sodium
- Peanut butter or other nut butter, no sugar added
- Nuts and seeds, unseasoned, low-sodium
- Eggs

# HEALTHY FOOD DONATION PROJECT

## Dairy

- Shelf-stable milk (UHT, powdered, or canned evaporated), low-fat or skim
- Yogurt, plain or low-sugar (less than 8 grams sugar)

## Staples and Seasonings

- Flour, Sugar, Cornstarch
- Olive or canola oil, Lemon Juice, Vinegar, Soy Sauce (low-sodium), Broth (low-sodium), Bouillon, (low-sodium)
- Salt, Pepper, Cinnamon, Italian seasoning, Chili powder, Onion powder, Garlic powder, etc.

## MINI-KITCHEN KIT SUPPLIES

### Paper Products

Plates, bowls, cups, napkins, paper towels, plasticware, wax paper, foil, resealable bags

### Cooking Utensils

Turners, spatulas, tongs, ladles, stirring/mixing spoons, can openers, microwave-safe bowls, reusable food storage containers with lids, small cutting boards.

### Storage Containers

1. Plastic containers with lid to store cooking utensils and dry food.
2. Large cloth or nylon drawstring bags to cover cooking equipment (crockpots, electric skillets)
3. Chest coolers, fridge thermometers, resealable freezer bags
4. Plastic wash tubs, dish detergent, sponge or cloth, drying mats

## To Donate Food

**Option #1** - Contact the food assistance organization of your choice directly to determine storage capacity and donation schedule (see list provided).

**Option #2** - Contact Cooperative Extension at 828.287.6010 or Tracy Davis @ [tracy\\_davis@ncsu.edu](mailto:tracy_davis@ncsu.edu) to arrange pick-up and delivery.

## To Donate Supplies for Kitchen Kits

Please contact Tracy Davis @ [tracy\\_davis@ncsu.edu](mailto:tracy_davis@ncsu.edu) or 828.287.6020 for additional information.