

## What food should I bring to the pantry?



Micah 6 distributes more than 10,000 pounds of food each week through the Micah 6 Food Pantry. Just over half the food comes from the Capital Area Food Bank.

The Food Pantry relies on direct food donations for the rest. Volunteers pick food up at area stores like Randalls, H-E-B, Whole Foods, Pepperidge Farm and Trader Joes. Our Member Congregations make regular donations of food as well.

You can help Micah 6 fill an extra **4,000 baskets of food in 2014** by joining the 2014 Food Basket Challenge and holding your own food drive.

## What food should I bring?

- items with intact, unopened consumer or commercial packaging
- food within the package expiration date
- healthy, non-perishable food
- Single serve items with pop tops
- items with non-breakable packaging (no glass, please)
- food from your community or backyard gardens
- Ultra High Temperature or long shelf storage packing

## What non-perishable foods do we need the most?

- canned meats like tuna, stew and chili
- pasta and pasta sauce
- healthy cereals
- UHT packaged milk and juice that requires no refrigeration
- canned vegetables
- beans
- peanut butter

## Where do I deliver the food?

Donations should be brought directly to the pantry at University Presbyterian Church. Please bring the food to the [volunteer entrance](#) on 22nd Street. Large donations should be taken to the loading dock behind the church in the alley.

We accept food donations on **Thursdays between 3 and 7:30 p.m.** and **Saturdays between 8:30 a.m. and noon** and other times by appointment.

## How do I get people excited about my food drive?

First, help people understand the need for more food at the Micah 6 pantry. [Download facts about hunger in Travis County.](#) Next, promote your Food Basket Challenge drive. Download the promotions flyer or make your own.

Questions? Please call the Micah 6 Coordinator at 512-789-4716 for more information, directions, or to arrange a pick up.



Micah 6 of Austin is a 501(3)c nonprofit corporation. Its mission is to serve the homeless and low-income people in greater Austin. Micah 6 operates the largest food pantry in Travis County and provides a safe place for homeless young adults at a weekly drop-in center. Affiliated programs supported by Micah 6 include a free clothes closet and a freeze night shelter for street youth.