Food For Thought, located at 316 Adams - Floor 2, Toledo, Ohio 43604 is a 501(c) 3 non-profit organization dedicated to feeding the Toledo region in a thoughtful way. We utilize food delivery as a method not only to meet an urgent need in our community, but to be a catalyst for other methods of helping families in need in our area.

Our Mobile Food Pantry Network serves the entire NW Ohio area at 25 satellite locations. We are a choice pantry, which means that families have the opportunity to shop for the items they will enjoy the most. We provide approximately 3-4 days worth of groceries per family per visit.

Our Mobile Food Pantry is our 17 foot trailer, used as a “food pantry on wheels.” The Mobile pantry is used to expand our services to areas with low food access (USDA designated food deserts), where transportation to stationary food pantries is difficult. Food is loaded onto the pantry, and arranged in a “grocery store” fashion, through which the families can shop.

Below is a list of healthy food donation choices for our pantries. While we happily accept donations of all kinds and sizes, it is particularly helpful for us to have cases of food to load on to our mobile trailers to maintain the utmost choice and consistency for our patrons.

Healthy Foods Donation List

Fruits and Vegetables
- Canned fruits (canned in its own juice or with “no sugar added”)
- Canned vegetables (“low sodium” or “no salt added”)
- Diced tomatoes
- Dried fruit
- Fruit or vegetable juice (100%)
- Shelf-stable fruit cups
- Spaghetti sauce
- Tomato sauce
- Fresh fruits or vegetables
- Frozen fruits or vegetables

Grains
- Brown rice or barley
- Low-sugar, high-fiber cereal
- Oatmeal
- Quinoa
- Whole grain breads
- Whole grain crackers
- Whole grain pasta
- Whole wheat flour
- Whole grain tortillas
- Dried lentils

Fats and Oils
- Canola oil, Olive oil, Vegetable oil, Non-stick cooking spray

Protein
- Canned beans (look for “no salt added” or “low sodium”)
- Canned chilis and stews
- Dried beans and peas
- Canned chicken, tuna, or salmon (canned in water instead of oil)
- Nuts
- Peanut butter
- Eggs

Dairy
- Boxed shelf-stable milk (1% or skim)
- Dry milk
- Evaporated milk
- Milk alternatives (calcium-fortified soy, rice, or almond milks; shelf-stable)
- Low-fat cheese
- Low-fat yogurt

Spices and Condiments (dry, ground)
- Basil, Bay leaves, Black pepper, Cayenne pepper, Chili powder, Cinnamon, Cumin, Curry powder, Dill, Garlic powder, Mustard, Onion powder, Oregano, Parsley, Red pepper flakes, Rosemary, Salsa jar, Thyme, Vanilla extract

Thank you! Your generous support allows us to continue serving our community in a thoughtful manner!
Thoughtfully Beyond Food

Many families struggle to purchase basic personal need items as they are not covered by SNAP benefits, WIC, and other food-oriented social services. Food For Thought always provides a choice of hygiene items on each mobile pantry to help offset some of those costs for our patrons. Here is a list of basic household and personal care necessities that we would happily accept for donation.

- Shampoo & Conditioner
- Soap/Body Wash
- Toothpaste & Toothbrushes
- Feminine Care Products
- Dishwashing Detergent
- Laundry Soap
- Deodorant
- Toilet Paper
- Household Cleaning Supplies (All-Purpose Cleaners)

Downtown Picnic PB&J Lunches

On Friday nights from 6pm-7pm Food For Thought volunteers meet at Trinity Episcopal Church (2nd floor at “My Brother's Place”) to pack lunches for our Saturday picnics. We make and pack PB&J lunches which have a sandwich, chips or another snack, fresh fruit, and some cookies.

Then, each Saturday morning we gather downtown across the Main Library (Adams & Michigan) to share a lunch together. Several groups come down to hang out, talk, listen to music and even dance a little bit! Sunshine or snowfall - we spend time together and enjoy great conversation! This picnic runs from around 10am to 11:30am.

On Friday Nights we ask that volunteers bring supplies to help supply our needs for lunch packing. Below are things we suggest bringing.

**Snacks**

Because our volunteer numbers fluctuate, we like to have both individually bagged items (chips, goldfish, cookies), and larger items that we can break down into smaller portions (bulk or family sized items). We ask that all items be shelf stable due to cold storage limitations.

- Chips (corn or potato or veggie, plain)
- Pretzels
- Granola Bars
- Fruit Cups
- Fruit Snacks
- Dried Fruit, Vegetables, Meat (jerky)
- Nuts
- Cookies
- Popcorn

**Supplies**

- Disposable Gloves
- Plastic Sandwich Bags (Zip-Closure)
- Cases of Bottled Water
- Napkins
- Paper Lunch Bags (Standard, Not Large Size)

**Sandwiches**

- Creamy Peanut Butter
- Fruit Jellies & Jams
- Loaves of Sliced Bread (White, Wheat)

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