

Germantown Avenue Crisis Ministry Food Cupboard

The GACM Food Cupboard operates every Thursday, 10am—12pm.

Food is provided through congregations, Share, Philabundance, and purchases. GACM uses guidelines set forth by the Greater Philadelphia Food Bank. Per availability, clients are able to select enough food for three days. Per availability, items include dry and canned goods, bread, meats, eggs etc. To be a food cupboard recipient, one must document income, residence and household size. Given the increase in numbers of people needing food assistance, GACM would like to increase food donations to provide enough food for a week. To accomplish this goal GACM will need to more than double current food and cash donations.

Who needs food?

People use the Food Cupboard for a variety of reasons. As a maintenance cupboard, the food provided helps maintain their food supply and extend their limited financial resources. By obtaining canned goods from the cupboard, their resources can be used to buy meats or fresh vegetables.

Other individuals use the cupboard for emergencies. They have experienced a crisis such as job loss, an interruption in food stamp benefits, loss of cash, or change in family composition. While others need cupboard assistance because of diverting household financial resources to address a crisis such as back rent, preventing a utility shut off etc.

How are special populations or circumstances addressed?

When serving clients GACM is mindful of specific circumstances which impact foods to be provided such as:

- No electricity or gas
- Those using a microwave for cooking, (no stove available)
- Children, elderly, those with medical needs – low sugar, “lite”, low salt, 100% fruit juices
- Transient people with no cooking available – need small sizes (must eat entire contents once opened), e.g. pop top, easy tear opening etc.

How are packages served?

GACM uses recycled clean plastic grocery bags

Do you accept perishables?

GACM has a freezer and two institutional refrigerators. We can receive perishable donations, (e.g. meat, fish).

Food Donation Do's and Don'ts



DO

- Provide low salt, low sugar, lite items
- Donate foods you like
- Share generously
- Label perishables, month/date purchased
- Recycle clean plastic bags



DON'T DONATE

- Outdated food items
- Unlabeled food
- Opened (partially used) items
- Homemade canned items
- Brown paper bags

Food Cupboard Donations Needed

“GACM clients eat the same things you do. All donations are appreciated!”

— Eileen Jones, Executive director

Food

Beans (dry)
Biscuit/Muffin Mix
Cake Mix & Icing
Canned/Boxed

- Fish
- Fruit
- Juice
- Meats
- Pasta
- Soup
- Stew
- Tuna
- Vegetables

Cereal
(cold or hot i.e. grits)

- Cream of Wheat,
- Oatmeal

Coffee
Condiments

- Ketchup
- Pickles
- Mayonnaise
- Mustard
- Relish

Cookies
Crackers
Jell-o
Jelly
Lunch Snacks
Nuts
Pasta
Peanut Butter
Ramen Noodles
Rice
Sugar
Tea
Tomato Sauce
Trail Mix

Perishable Items

Meats
Hotdogs
Bread

Special Needs

Pop Top Items
Tear Open Pouches
Microwavable Products

Personal Hygiene

Toothbrush, Paste, Floss
Soap, Lotions (full or
Travel size items)
Razors, Shaving Cream
Sanitary Pads
Wash Cloths

Infant/child

Pampers
(larger sizes preferred)
Pediasure
Formula

Cleaning Products

Laundry Detergent
Dishwashing Liquid
Household Cleaning
Products

Holiday Baskets

Meat: Turkey, Turkey
Breast, Roasting Chicken

Starch: Rice, Mashed
Potatoes, Yams, Macaroni
and Cheese, Corn,
Stuffing

Veggie: Green Beans,
Green Peas

Bread: Roll/(corn)
Bread Mix

Dessert: Cake Mix, Icing
Cookie Mix, Jello, Pie
Filling, Crust

Other: Gravy, Cranberry
Sauce, Seasonings,
Sugar, Flour, Beverages

Packaging for Food Cupboard Distribution Use

Clean Plastic Bags
Recyclable Canvas Bags
Green Bags
(no brown paper bags)

Medical

Pain Relief Meds
Cold Care
Cough Drops
Band Aids
Ointments
Ensure
Glucerna
Depends

Thank you being a food cupboard partner.

Your donations help keep the cupboard full and feed the hungry in our community.