

# FREEDGE DONOR GUIDELINES



For all questions Freedge, please contact the Food Recovery Program Team at [foodrecovery@sustainableconnections.org](mailto:foodrecovery@sustainableconnections.org) or call (360) 647-7093 Ext 119  
Freedge hours of operation Tuesday – Saturday 11AM-6PM

## What items are allowed to be donated to the Freedge?

- Commercially cooked and prepared meals from Food Recovery Program participating businesses. All items must be labeled and dated.
- Washed whole fruits and vegetables from home gardens.

## What items are allowed to be donated the pantry?

- Commercially packaged, shelf stable items that are unopened, including boxes, cans, and bagged gains and cereals. These can be donated by commercial and home donors.
- Baked goods from home and commercial donors Including cookies, sweet breads, and muffins. Items must be individually wrapped, labeled, and dated. No temperature sensitive items.

## What items are not allowed?

- No raw meats of any kind.
- No home cooked meals.
- No rotting food.
- No non-perishable items more than 3 months past expiration date.

Any item that does not fit the outlined rules will be removed.

