

Each breakfast bag contains 4-5 non-perishable items. Suggested items to donate for the bags include the following:

- Mini cereal boxes
- Juice cartons
- Oatmeal packets
- Cereal/granola bars
- Tea bags, instant coffee, hot cocoa
- Boxes of raisins, nuts, candy
- Pudding/fruit cups
- Peanut butter cracker packs
- Ramen noodles

Note: Please do not donate items requiring a microwave to prepare, fresh fruit, fruit cups with thin aluminum foil tops, or "junk food" (muffins, pop-tarts, TastyKakes, chips, etc.). Seasonal candy is okay.

Aid for Friends also requests donations for their kitchen located in Northeast Philadelphia, where volunteer groups prepare meals. They need the following items (larger Costco/BJ sizes are preferred):

- Jars of minced garlic in oil/water
- Molasses
- Egg substitutes
- Jars/cans of mushrooms
- Whole cloves
- Kosher salt
- Black pepper
- Bay leaves
- Dried parsley
- Dried oregano
- Powdered ginger
- Dried rosemary
- Canned creamed soups
- Noodles, pasta, and rice