

AGAPE HAND

Food Bank – Priority Items List and Donation Guidelines



Safe, nutritious, and appropriate food assistance for vulnerable populations.

AGAPE HAND, through its Food Bank, works to reduce food insecurity and actively contribute to the **prevention of malnutrition**, particularly among children and vulnerable families. This priority items list has been developed using technical criteria related to nutrition, storage, and distribution, and reflects **the items with the highest nutritional and social impact**.

Institutional approach: we prioritize basic, nutritious, and culturally appropriate items that allow for safe, efficient, and balanced food preparation.

GENERAL DONATION CRITERIA

- Products must be **within expiration date**, sealed, and in good condition.
- Items should have **high nutritional value and everyday household use**.
- Preference for **cost-effective and high-yield** food items.
- **Glass containers are not accepted** due to logistical and safety concerns.
- Items with **low nutritional value** are discouraged.

PRIORITY ITEMS LIST

1. Staple Foods – Food Security

- Rice
- Vegetable oil
- Brown sugar or panela
- Iodized salt
- Flour

Nutritional purpose: provide basic energy intake and enable preparation of family meals.

2. Legumes and Pulses – Plant-Based Protein

- Lentils
- Beans (any variety)
- Chickpeas
- Lima beans
- Fortified legumes

Nutritional purpose: key sources of plant protein, iron, and fiber, essential for preventing anemia and malnutrition.

3. Animal-Based Protein – Fresh and Shelf-Stable

- Chicken (whole or pieces), fresh or frozen, properly packaged
- Red meat (beef, pork), fresh or frozen
- Eggs
- Canned tuna, fish, or chicken (packed in water)
- Dried or dehydrated fish
- Processed meats (sausages and similar products), within expiration date and with proper cold chain

Nutritional purpose: provide high-quality protein, iron, and essential micronutrients.

4. Dairy Products and Nutritional Reinforcement

- Evaporated milk
- Powdered milk
- Yogurt
- Fresh or semi-aged cheeses
- Foods fortified with iron and zinc

5. Cereals and Nutritious Grains

- Oats
- Breakfast cereals
- Pasta
- Bread
- Quinoa
- Kiwicha (amaranth)
- Cañihua
- Fortified flours

6. Fresh Fruits and Vegetables

- Potatoes
- Carrots
- Onions
- Squash
- Tomatoes
- Garlic
- Seasonal fresh fruits (such as bananas, apples, oranges)

Nutritional purpose: supply vitamins, minerals, fiber, and natural carbohydrates essential for a balanced diet.

7. Ready-to-Eat or Quick-Preparation Foods

- Fortified instant soups
- Ready-made stews (canned or pouch)

- Legume purées
- Ready-to-use food mixes

Recommended use: emergency situations or households with limited access to cooking fuel.

8. Child Nutrition and Special Groups

- Baby food and purées
- Fortified cereals and oats
- Infant formula (subject to technical assessment)
- Easy-to-chew foods for older adults
- Basic nutritional supplements

9. Essential Non-Food Items

- Diapers for babies and adults
- Toilet paper
- Body soap
- Shampoo
- Toothpaste and toothbrushes
- Sanitary pads
- Laundry detergent
- Bleach

Purpose: promote hygiene, dignity, and overall family health.

10. Logistics and Distribution Supplies

- Durable bags
- Cardboard boxes
- Gloves
- Face masks
- Reusable containers

11. Limited-Acceptance Items

- Candy and occasional treats, accepted only in controlled quantities and designated for specific activities, and not included in regular nutritional food baskets.

GUIDELINES FOR FOOD DRIVES

1. Encourage donations aligned with this priority list.
2. Organize **themed drives** (e.g., legumes, grains, or protein-focused campaigns).
3. **Check expiration dates** before delivery.
4. Use **appropriate and durable packaging**, especially for bulk items.
5. **Coordinate delivery in advance** with AGAPE HAND.

6. Consider **monetary donations**, which allow strategic bulk purchasing and greater nutritional impact.

MONETARY DONATIONS

Financial contributions enable:

- Strategic purchase of high-impact nutritional foods
- Continuous Food Bank operations
- Reduced logistical costs
- Timely response to food emergencies

CONTACT

To coordinate donations or food drive campaigns:

AGAPE HAND – Food Bank

Email: donation@agapehands.org

Thank you for supporting dignified and nutritious food access for those who need it most.

[YOU CAN VIEW OUR LIST OF PRIORITY ITEMS \(SPANISH\).](#)