Organize a Food Drive

Iron Gate’s mission is simple—we feed people. And you are essential to helping us fulfill that mission every day. We operate a grocery pantry three times a week to help Tulsa families make ends meet. In 2019, we fed more than 27,000 people from 10,140 households through our grocery pantry and distributed more than 11,000 Kids’ Packs. Food drives are one of the easiest ways to get your company, faith community, social group, family or sports team involved at Iron Gate!

**Protein**
- 10 ounce cans of chicken*
- 10 ounce cans of tuna*
- Canned Salmon
- 18 ounce jars of peanut butter
- Family-Sized Protein-Rich Soup (e.g. Beef Stew, Chicken Noodle or Chili)*
- Canned Beans or Bag of Dry Beans*

**Canned Goods/Jar Items**
- Canned Fruit
- Canned Vegetables
- Pasta Sauce (Canned or Plastic Bottle)
- Jam or Jelly (Plastic Bottle)
- Salad Dressing (Plastic Bottle)
- Coffee

**Dry Goods**
- Rice
- Macaroni & Cheese/Other Pasta
- Mashed Potatoes*
- Pancake Mix
- Biscuit and Muffin Mix*
- Cereal*
- Instant Oatmeal

**Kids’ Packs**
*Kids’ packs are quart-sized bags filled with five of the following items.*
- Shelf-stable milk or 100% Juice Box*
- Protein bars, granola bars, Fig Newtons
- Pudding cups or natural fruit cups (please include plastic spoon)
- Packaged crackers (pretzels, goldfish, etc.)
- Dried fruit, raisins
- Fruit snacks
- Quart-sized bags

*These are high-demand items, which are always needed.*

**Iron Gate Donation Policy**
Thank you for your interest in donating to Iron Gate. We accept donations of non-perishable foods. We **cannot accept expired foods or dented cans**, so please check your expiration dates before donating. We accept new socks, blankets, winter coats, hats and gloves seasonally. We also accept travel-size toiletries for hygiene packs. For more information, please contact Carissa at 918-879-1709 or email her at cgutierrez@irongatetulsa.org.

501 W. Archer Tulsa, OK
www.irongatetulsa.org