



Take what you need. Leave what you can.

DONATION GUIDELINES: UPDATED 4/14/21

Individuals and businesses are encouraged to visit the Newton Freedge to donate fresh and non-perishable food, as well as diapers and personal care items. The Freedge is located at 420 Watertown Street in Nonantum, in the parking lot of Central Drapery and Dry Cleaning, and is open and accessible to users and donors 24/7.

Please do NOT donate expired, open, or unlabeled items or anything in a condition that you would not personally consume or use.

Donations must adhere to the following guidelines:

Prohibited Donations Include

- No meat of any kind (beef, chicken, turkey, pork), fish, or seafood UNLESS it was cooked, prepared, and donated by a Freedge Business Partner; this includes:
 - No cold cuts/deli meat, bacon, hot dogs, or sausages of any kind
 - No raw meat (beef, chicken, turkey, pork), fish, or seafood of any kind
- No frozen food of any kind
- No homemade meals or baked goods or leftovers from events or restaurants
 - Prepared and packaged meals/baked goods MUST BE from a commercial kitchen and MUST be labeled with a description of the item and date prepared
- No unlabeled, open, or expired meals, food, pantry, or personal care items
- No alcoholic beverages
- No over-the-counter or prescription medications
- No pet food

Allowed/Recommended Donations Include

- Fresh fruits and vegetables
- Dairy products: milk, cheese, yogurt etc
- Eggs, bread, orange juice
- Pantry staples, such as rice, beans, pasta, flour, cooking oil, and shelf-stable milk
- Prepared and packaged meals/baked goods MUST BE from commercial kitchens only; all MUST HAVE a description of the item and date prepared
- New/unopened personal care items including: diapers, baby wipes, toilet paper, menstrual supplies, bar soap, and other personal hygiene items
- Cleaning supplies, hand sanitizer, laundry detergent

Please place all items inside the shed. Do not leave anything on the ground.