



Take what you need. Leave what you can.

DONATION GUIDELINES: UPDATED 10/14/22

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

- Prohibited meats:
 - 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
 - See below under "Allowed Donations" for exceptions
- Frozen foods purchased in a supermarket or similar store, that go directly from the freezer to a microwave, oven or stovetop, e.g. frozen pizzas, frozen vegetables
- No homemade meals, homemade baked goods, or leftovers from events or restaurants
- No unlabeled, open, or expired meals, food, or pantry items
- No alcoholic beverages, over-the-counter or prescription medications, or pet food

Allowed Donations

Refrigerator recommended donations include:

- Fresh fruits and vegetables
- Dairy products: milk, cheese, yogurt etc.
- Eggs, bread, orange juice
- Pre-packaged meals and baked goods from a commercial kitchen, labeled with description of item and date prepared. Cooked meat and fish products are allowed in pre-packaged meals from commercial kitchens
- Frozen foods that are donated by our business partners and stored in smaller serving containers, e.g. soups, single serve meals

Pantry recommended donations include:

- Cereal, oatmeal, non-refrigerated drinks
- Rice, beans, pasta, flour, cooking oil, shelf-stable milk and other pantry staples
- New/unopened personal care items including: diapers, baby wipes, toilet paper, menstrual supplies, soap, toothpaste, and other personal hygiene items.

- Menstrual supplies and diapers must be individually wrapped or placed in ziploc bags well-labeled with contents. Tampons must be individually wrapped or in an unopened box
- Cleaning supplies, hand sanitizer, and laundry detergent

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