



# Visiting a Food Pantry

## What is a food pantry?

A place where individuals and families can receive food at no cost.

## How can I find a food pantry?

Visit [daretocare.org/need-food](http://daretocare.org/need-food) and ask your neighbors and organizations that support you.

## What should I expect when visiting a food pantry?

- There will be a line, and you may have to wait a while before receiving food. Dress for the weather!
- You will be asked how many people live in your household with their ages.
- You may be asked to verify that you meet a certain income level. **Please note: proof of income is not required.**
- At some pantries, you will be allowed to enter the food pantry and do your own shopping. Others may have a drive-through where you can pick up pre-packaged food boxes.

## What should I bring?

- Having some form of ID (driver's license, passport) or a piece of non-junk mail on hand; however, not having this documentation will not prevent you from receiving food.
- Bring bags and/or boxes to pack your groceries and transport them.

## What type of food will I receive from a food pantry?

- Food items may vary at each pantry.
- The type, variety, and quantity of food will also vary daily. Some pantries may only have dry goods, while some may have dry, refrigerated, and frozen food items.

## TIPS

- Call ahead to verify the address, hours, requested documentation, and the type of distribution model offered (e.g., shopping model, drive-thru, pre-packaged).
- Ask about "extras" such as diapers and wipes, pet food, or personal care items.
- If you have a friend who can help with translation, bring them with you.
- If you have special dietary needs, please let the pantry personnel know.
- Ask about help with other services (e.g., utility assistance, SNAP or WIC assistance)



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- You will be asked how many people live in your household with their ages.
- You may be asked to verify that you meet a certain income level. Please note that proof of income is not required.
- At some pantries, you will be allowed to enter the food pantry and do your own shopping. Others may have a drive-through where you can pick up pre-packaged boxes of food.

## What should I bring?

- It's always a good idea to have some form of ID (driver's license, passport) or a piece of non-junk mail on hand; however, not having this documentation will not prevent you from receiving food.
- Bring bags and/or boxes to pack your groceries and transport them.

## What type of food will I receive from a food pantry?

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- The type, variety, and quantity of food will also vary from day to day. Some pantries may only have dry goods, while some may have dry, refrigerated, and frozen food items.

### TIPS

- Call ahead to verify address, hours, requested documentation, and what type of distribution model is offered (e.g., shopping model, drive-thru, pre-packaged).
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