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 2022, we fed more than 88,000 people from 38,361 households through our grocery pantry and distributed 25,553 Kid's 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
- Vienna Sausage
- Beef Jerky
- **16-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***

DRY GOODS
- Rice
- Macaroni & Cheese/Other Pasta
- Pancake Mix
- **Biscuit and Muffin Mix***
- **Cereal***
- Instant Oatmeal

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

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

Kid's Packs
Kid's 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

Please no nuts, candy, potato chips, or perishable items for kid's packs.

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 us at 918-879-1702 or email Carissa as cgutierrez@irongatetulsa.org.*