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 2018, we fed more than 26,000 people from about 9,000 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
- Vienna Sausages
- 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*

DRY GOODS

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

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

Canned Goods/Jar Items

- Canned Fruit*
- Canned Vegetables
- Pasta Sauce
- Jam or Jelly
- Salad Dressing
- Coffee*

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, rice cakes)
- Dried fruit, raisins
- Fruit snacks
- Quart-sized bags

Please no nuts, candy, potato chips, or perishable items for kids' 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 Carissa at 918-359-9038 or email her at cgutierrez@irongatetulsa.org.*