West Side Campaign Against Hunger (WSCAH) is a nonprofit organization based on the Upper West Side that alleviates hunger by ensuring that all New Yorkers have access with dignity to a choice of healthy food and supportive services.

Give back by donating healthy food items to support the WSCAH community. You can also donate online by scanning the QR code below.

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**ACCEPTED ITEMS**

**Do:** Give generously. Give foods you would serve your family.

**Don’t:** Give anything expired, open, or damaged. Give something you wouldn’t eat.

**VEGETABLES**
- Canned vegetables, low sodium
- Spaghetti sauce, low sodium

**FRUITS**
- Canned fruit, packed in juice or water
- Applesauce, no sugar added
- Dried fruit, no sugar added

**GRAINS**
- Rice, brown or white
- Pasta, whole grain or white
- Hot cereal (oatmeal, cream of wheat, grits)
- Cold cereal (low-sugar, high-fiber options)
- Bread, 100% whole wheat

**DAIRY**
- Milk, boxed or shelf-stable, low-fat

**PROTEIN**
- Dried beans
- Canned beans, low sodium
- Canned chicken, packed in water
- Canned fish, packed in water (Tuna, Salmon, Mackerel, Sardines)
- Peanut butter or bagged nuts or seeds

**WEBSITE:**  [www.wscah.org](http://www.wscah.org)  
**FACEBOOK:**  [facebook.com/wscah](http://facebook.com/wscah)  
**TWITTER:**  [@wscah](http://twitter.com/wscah)  
**INSTAGRAM:**  [@wscah](http://instagram.com/wscah)  
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