



FIRC
Summit Resource Center

Thank You for Organizing a Food Drive for FIRC!

We're so grateful for your support in helping families in our community access healthy, nutritious food. At FIRC Food Markets, we focus on nutrition security - providing foods that nourish bodies and support long-term health. Many families who rely on food pantries have limited budgets for nutritious options, leading to higher rates of chronic health issues.

More than **80% of the food we distribute is fresh** including meat, vegetables, fruit, eggs, and milk. During food drives, we can't collect fresh food, but we can still focus on **nutrient-dense, shelf-stable items** that help us maintain that same standard of health and dignity.

What to Donate

Please consider donating shelf-stable, nutrient-dense foods such as:

- **Proteins:** Peanut butter, canned tuna, canned chicken, and canned beans
- **Vegetables:** Canned green beans, mixed vegetables, tomatoes, and corn
- **Staples:** Family-size flour, masa, canola oil, and whole rolled oats (no individual packets)
- **Baby items:** Diapers and baby wipes

We will gladly accept other canned goods, rice, and pasta as well.

Please make sure all donations are **unopened and not expired**.

Monetary Donations Stretch the Furthest

If you'd like to make an even bigger impact, consider a **monetary donation**.

Because of our **purchasing power and partnerships**, FIRC can buy the most-needed nutritious foods at a lower cost, stretching your dollar to feed even more families.

Thank you again for supporting nutrition security in Summit County. Together, we're ensuring everyone has access to the healthy food they need.