

# Know before you go: Visiting a Food Pantry



**We always suggest calling ahead to verify pantry distribution hours, and required documentation (e.g. photo ID, proof of address).**

## What to Bring:

- Many pantries serve families within their area. It is best to always bring an ID and bring proof of address – a recent bill or your driver's license with current address.
- If applicable, bring documentation that you are currently furloughed or working without pay. Some government food requires self-attesting of current income level, but you will not need to provide proof of income.

## What to Expect:

- The majority of food pantries in our network are set up like a grocery shopping experience. At most of our member pantries, you will be able to select items based on your preferences and family's needs.
- A variety of fresh items should be available including produce, bread, dairy, and frozen meat, in addition to non-perishable food.