

# Meal Donations

Fuel our Community: Prepare a Meal for IPH Guests  
Albany, NY

1

**Sign up to donate a meal to IPH online at [www.iphny.org/getinvolved](http://www.iphny.org/getinvolved)** or reach out to [liams@iphny.org](mailto:liams@iphny.org), 518-434-8021 x205.

2

**Prepare 35 meal servings** using the suggested portions:

- ◆ Protein: 10-13 pounds
- ◆ Starch: 7-8 pounds
- ◆ Vegetables: 7-8 pounds

Package your dish(es) in large, disposable hotel pans.

3

**Deliver your chilled meal** on the date of your scheduled donation to 176 Sheridan Avenue Albany, NY 12210, 7AM - 4 PM.

Please complete and attach the [Meal Donation Drop Off Form](#).



To learn more about donating meals to support IPH contact:  
Liam Schiffman, IPH Food Service Director  
518-434-8021 ext. 205 | [liams@iphny.org](mailto:liams@iphny.org)



# Donate Pantry Items

Help Fill Shelves & Hearts:  
Donate Essential Items to IPH's Meal Pantry

## Pantry Wish list Items:

- Breads
- Cereals
- Canned Fruit
- Canned Vegetables
- Pastas
- Sauces
- Peanut Butter
- Jelly
- Non-Perishable snacks
- Cooking Oils
- Shelf-stable milk
- Juices
- Hotel Pans
- Zip Storage Bags
- Spices
- Herbs

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