

## General Guidelines Checklist:

### Condition:

- Ensure all items are unopened and in their original packaging.
- Avoid donating items that are damaged, opened, or leaking.
- Check for any signs of tampering or contamination.

### Expiration Dates:

- Check expiration dates to ensure products are not expired.
- Discard any items past their expiration dates or nearing expiration.

### Quality:

- Choose items that are of good quality and suitable for consumption.
- Consider donating nutrient-dense foods and products suitable for a variety of dietary needs.

### Perishable Items:

- Coordinate with us to arrange the donation of perishable items.
- Store perishable items appropriately to maintain freshness and safety.

### Hygiene:

- Ensure that hygiene products are unused and in their original packaging.
- Avoid donating hygiene items that are damaged, opened, or partially used