



To cultivate collective action for an economically sustainable, socially equitable, and environmentally sound local food system.

Guidelines for Healthy Food Donations

Food generously donated for staff, volunteers, and students should ideally have various fruits and vegetables, whole grains, lean meats, and, in general, be low in fat, sodium, and added sugars when possible. Here are a few examples of prepared, healthy dishes that check all the boxes listed above:

Fruits or Fruits Salads
Vegetable Sticks with Dip/Humus
Salads with Seasonal greens, beans, quinoa, and/or pasta
Sautéed and Roast Seasonal Vegetables
Seasonal Harvest Casseroles
Crockpot Soups
Granola & Yogurt Parfait Bar

If you still would like to order take-out, catered and/or prepared foods to complement the seasonal veggies and healthy dishes recommended above, here's a list of recommended restaurants in the zip codes we cover. Memphis Tilth is committed to supporting and sustaining community economic health as well as individual wellness. (Of course, this list is by no means exhaustive! Just a hat-tip in the right direction.)

A&R BBQ
Chef Tam's Underground Cafe
Cozy Corner BBQ
Eny's Tamales
Gus's World Famous Fried Chicken
Green Goddess Popcorn & Tea Lounge
HM Dessert Lounge
Las Delicias
Ms. D's Hot Wings
Payne's BBQ
Pho Binh
Pop's Hot Tamales
Slice of Soul
The Four Way
Vietnam Restaurant