

## Central Area Food Bank Needs

The YWCA Central Food Bank currently serves 340+ food-insecure households in Central & South Seattle. Every Wednesday, 80+ volunteers pack and distribute over 6,000 lbs. of food. The number of families and individuals shopping our food bank and access our Little Free Pantry continues to grow. Much of our food comes from institutional and government donors like Food Lifeline, NW Harvest and the USDA. We also rely heavily on our community for assistance – for both food and volunteers.

### Most needed

- **\$25 and \$50 gift cards to Safeway, QFC/Kroger, or Grocery Outlet.** Gift cards empower families to purchase culturally appropriate food and items they need
- **Canned soups, stews, and chili** – vegetarian and meaty, pop-tops/pull tabs are best
- **White rice**
- **Tuna and canned chicken**
- **Baby formula and baby food**
- **Diapers (size 5 and 6) and baby wipes**
- **Cash donations** – used to buy protein, eggs, dairy, staples and high demand food items  
Donations should be made out to “YWCA Food Bank” and mailed to the address above

### Always useful

- **Top ramen** – meat and vegetarian
- **Pasta and pasta sauce**
- **Crackers** – Ritz or saltine wrapped ‘packs’
- **Peanut butter**
- **Jam, jelly, syrup, and honey**
- **Ketchup, mustard, and mayonnaise**
- **Cooking oil**
- **Soy sauce, family sized bottles**
- **Salt and pepper sets**
- **Sugar**
- **Seasoning, spices and herbs**
- **Kid friendly snacks** – raisins, fruit chews, granola/breakfast bars, nuts
- **Ground caffeinated coffee**
- **Hand-held can openers**
- **Cleaning supplies** – dish and laundry soap, all-purpose cleaner, sponges, mops and brooms
- **Toiletries** – **full-sized\*** shampoo, conditioner, soap, toothbrushes and toothpaste (\*hotel/travel sized toiletries can be triggering for clients who have been victims of sex trafficking)

### What are the items the YWCA cannot accept?

- Any open food containers – where the seal has been broken or food has been partially consumed
- Expired food items
- Home prepared food, including jams, jellies and pickled foods
- Leftovers / open containers of home prepared food

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### What items do I need to talk to someone about before I donate?

Any perishable items you may want to donate like produce, meats, cheeses, eggs, and home prepared and baked items. We often accept homegrown produce but will need to discuss any other perishable food you wish to donate. For perishable food, always contact us first before showing up with your donation.

### Where can I drop off items and what is the process?

**The Central Area Food Bank is open Tuesdays and Wednesdays 9am -3pm, and is located behind the main Phillis Wheatley branch, on 29<sup>th</sup> Ave between E Cherry and E Columbia**

For very large donations we can schedule a time to pick up your donation. However, we are primarily a volunteer-run program and our food bank staff is limited, so this will need to be arranged in advance. Email Megan Boyce-Jacobs at [mboyce@ywcaworks.org](mailto:mboyce@ywcaworks.org) to make arrangements.

If ordering online, please email Megan Boyce-Jacobs at [mboyce@ywcaworks.org](mailto:mboyce@ywcaworks.org) to let us know it is coming. Ship items to:

YWCA Phillis Wheatley office  
ATTN: Megan Boyce-Jacobs/Central Area Food Bank  
2820 E Cherry St  
Seattle, WA 98122

When you arrive, we will gladly help you unload your items. We have in-kind donation forms to fill out that you can use as a tax receipt. To determine the estimated value of your donation, we suggest you use online “Donation Valuation Guide” sources to help you. When you **complete an in-kind donation form**, it helps us track our donations which is important for reporting on the health of our program, and with our current and future planning.

### How can I volunteer?

Please contact Megan Boyce-Jacobs, YWCA Food Bank Coordinator, and she will match your interests and availability with outstanding food bank positions and needs. If you have a large group that would like to volunteer at the food bank, please contact Tiara Nixon, Volunteer Engagement Manager at [tnixon@ywcaworks.org](mailto:tnixon@ywcaworks.org) to get on our schedule.

**Thank you for helping our YWCA families!**