MONETARY DONATIONS:
Your gift today will be put to work right away! Give online at northwestharvest.org, mail a check made out to “Northwest Harvest” to PO Box 12272 Seattle, WA 98102; or call Donor Relations at 800.722.6924. Many workplaces offer giving opportunities through payroll deduction programs, and many employers also match gifts, doubling your impact.

FOOD DONATIONS:  *low sodium, sugar, and/or saturated fats
- Canned protein* (tuna, chicken, beans)
- Canned fruit*
- Canned vegetables*
- Rice (white or brown)
- Boxed or canned meals*
- Large size diapers (4-6)
- Infant formula
- Hygiene items (toothpaste/soap)

ABOUT NORTHWEST HARVEST:
Northwest Harvest is Washington’s leading hunger relief agency. Focused on improving equity in our state’s food system, we believe everyone should have access to nutritious food that nourishes the body, mind, and spirit. We aim to shift public opinion and impact institutional policies and societal practices that perpetuate hunger, poverty, and disparities in Washington.

THANK YOU FOR YOUR SUPPORT OF NORTHWEST HARVEST!
Partners like you make our work possible.
GET INVOLVED: VOLUNTEER WITH NORTHWEST HARVEST!

Your time is a valuable donation! We rely on our volunteers and have opportunities available for groups and individuals year-round. Volunteers are absolutely vital to our work at Northwest Harvest. You can help at our warehouse in Kent or at SODO Community Market.

SODO COMMUNITY MARKET:
Sort donations, assist guests, & other tasks as needed. Shifts are available Monday through Friday. Please visit northwestharvest.org/sodo-community-market-volunteering for specific shift times.

Roles:
Back-of-house: Repack staples, sort donations
Sandwich Brigade: Make sandwiches for distribution
Market: Assist guests, stock displays

Groups:
The market can work with groups of up to 6 volunteers.

Address:
1915 4th Ave S
Seattle, WA 98134

KENT DISTRIBUTION CENTER:
Sort & re-package food for distribution to partners throughout the state.

Groups:
Large groups, small groups and individuals are all welcome! Shift sizes range from 50 to 100 volunteers.

Address:
22220 68th Ave S
Kent, WA 98032

SPECIAL EVENTS:
Show your support in the fight against hunger by collecting donations and sharing information about Northwest Harvest while engaging with our community.

To learn more and apply, visit northwestharvest.org/volunteer.