

HOW CAN I SUPPORT NORTHWEST HARVEST?

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)

THANK YOU FOR YOUR SUPPORT OF NORTHWEST HARVEST!
Partners like you make our work possible.

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.



northwestharvest.org | @nwharvest

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.

Wed: 10am-12pm, 1-3pm,
5-7pm

Thurs: 10am-12pm, 1-3pm,
5-7pm (every 3rd & 5th Thurs)

Fri: 10am-12pm, 1-3pm

Sat: 9-11am, 12-2pm, 3-5pm

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.