

FOOD & FUNDS DRIVE

**SUNDAY
FEBRUARY 8, 2026**

**2 TO 3:30 PM
RAIN OR SHINE**

DROP-OFF LOCATION

 University Unitarian Church
6556 35th Ave NE, Seattle, WA 98115



Pop-Up Food Drive in Support of the University District Food Bank

Due to the recent increase in demand, food banks are facing significant challenges. Join us in our effort to ensure that our neighbors have access to essential food supplies. Remember, no one should have to face hunger!

Can't make it?

You can always donate!

udistrictfoodbank.org/donate



ITEMS NEEDED

- ▶ Canned Food
- ▶ Baby Formula & Food
- ▶ Canned Vegetables
- ▶ Kid's Food
- ▶ Canned Fish
- ▶ Grains & Pasta
- ▶ Nuts & Seed Butters
- ▶ Cooking Oil
- ▶ Menstrual Products



FOOD BANK STAPLES

NUTRIENT DENSITY



University
District
Food Bank

ABOUT THIS GUIDE

Foods most needed or in short supply are listed by category

NUTRIENT DENSITY

★ Starred foods are rated better than average in a nutrient density scoring system developed by UW



GRAINS & CEREAL

- ★ Oatmeal
- ★ Hot cereal
- ★ Pasta
- ★ Quinoa
- ★ Couscous
- Rice/mixes
- Flour
- whole grain-



- ★ Cereal
-high fiber,
whole grain,
low sugar-



MILK/ALTERNATIVES & BEVERAGES

- ★ Dry milk
- ★ Shelf stable milk
(2%, 1%, non-fat)
- ★ Soy milk
- ★ Almond milk
- ★ Rice milk
- Whole milk



FRUIT & VEGETABLES

homegrown produce accepted



- ★ Applesauce
(no added sugar)
- ★ Dried fruit
- ★ Fresh fruit
- Canned fruit

- ★ Canned vegetables
- ★ Fresh vegetables
- ★ Tomato products

-low sodium-

MEALS/SIDES



Canned chili,
ravioli, stew, soups
-low sodium-



ANIMAL & VEGETABLE PROTEIN



- ★ Canned salmon,
tuna,
sardines,
chicken
- packed in water-

- ★ Canned beans
- ★ Lentils
- ★ Nuts & seeds
- Nut butters
- Peanut butter

-low sodium & fat-



NON-FOOD ITEMS

Soap



SNACKS, DESSERTS, OTHER

Herbs/spices
Olive oil
Brown sugar
White sugar

Graham crackers
Granola bars
Honey

SPECIAL NEEDS

Baby formula, milk and soy based
Baby and infant foods



Toilet paper

Toothpaste



homemade or
home canned
foods

opened or
already used
foods

unlabeled
foods

rusty/dented
cans



reminder: we cannot accept...

-- for more information, visit www.udistrictfoodbank.org --

powered by

FOOD & FUNDS DRIVE

**EVERY SECOND SUNDAY
03.08.26 TO 06.14.26**

**2 TO 5 PM
RAIN OR SHINE**

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