

# 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](https://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
- ★ 100% juice
  - ★ Tomato, veg juice



#### 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-

#### 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



#### NON-FOOD ITEMS

Soap

Toilet paper

Toothpaste



reminder: we cannot accept...



homemade or home canned foods

opened or already used foods

unlabeled foods

rusty/dented cans

-- for more information, visit [www.udistrictfoodbank.org](http://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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