



## Men's Shelter Food and Supplies Drive

**\* donated items can be left on the metal rack in the Emmanuel foyer on Sunday mornings \***

(Refrigerated or frozen foods should be placed in the refrigerator-freezers downstairs.)

### **Shelter Quick Facts:**

\* 2017 will be our sixth consecutive year of hosting the shelter in Emmanuel's building.

\* The shelter is operated by Seattle's Union Gospel Mission, and UGM's professional staff are present with the men at all hours. UGM caseworkers meet with residents to connect them with other resources including addiction recovery, medical treatment, long-term housing, job placement assistance, and mental health services.

\* This is not an open "drop-in" site. While there is great need for all types of housing in our city, we have decided that due to the nature of our neighborhood and our building residents, the shelter at Emmanuel will operate with a more intensive and accountable model. We have up to 20 beds available, and the men who wish to stay with us go through an intake and application process that includes a background check. Once accepted they are given their own bed and private space for the entire 6 months of the season. There are no strangers here, and each of our guests is committed to the community and the process.

\* This is a zero-tolerance "dry" shelter that expects men to remain alcohol free for the months they are with us, and every guest is given a breathalyzer test each evening as a condition for their entry.

\* All of these factors result in a sense of true community and hope that builds within the group! UGM has had great success moving committed folks like this into long-term housing and healthy community.

### **Food supplies needed:**

- In the week prior to opening, we would like about 50 lbs. of potatoes and 10 lbs. of onions, just to get us started.
- Pasta and rice. All shapes and kinds.
- Canned vegetables, any size, any kind. Especially: tomatoes, corn, all kinds of beans, beets, and peas
- Canned meat such as turkey, chicken, ham, pork, spam, tuna, salmon, pork & beans
- Sauces such as ketchup, mustard, various hot sauces
- Frozen juices
- Powdered drink mix, Tang, Crystal Light, Lemonade (no soda pop)
- Spices, salt, pepper – large containers from Costco are great. Italian seasoning, chili powder, parsley, garlic and onion powder, taco seasoning, soup mixes, etc.
- Sugar and creamer – these are used daily in large quantities
- Jelly or jam of any kind
- Peanut butter or almond butter
- Butter or margarine in tubs
- Cake mixes, brownie mixes, various canned frosting, break & bake cookies
- Cereal bars, breakfast and protein bars, and other items that are good for traveling
- Oatmeal packets and cocoa packets for breakfast
- Dry breakfast cereal – large bags of bulk cereal was much liked last year. But of course it usually requires milk. A nice bowl of Honey Nut Cheerios with cold milk reminds a man of home and perhaps a more peaceful time of life. Drop off milk anytime to the basement fridge.

#### **Notes on food donations:**

- No fresh food before the shelter opens, since it will spoil before it can be used. Once the Shelter opens, fresh vegetables and fruit (especially pineapple and oranges) are appreciated.
- No uncooked meats, for food safety reasons. Cooked meats, ham, ground turkey and beef, chicken, hot dogs, smoked sausages, cheeses, eggs, and lunchmeats are welcome.

### **Additional items needed:**

- Hygiene supplies. Travel sizes work best. Toothpaste (small tubes), shower gels and soap, toothbrushes, disposable razors, deodorant, personal wipes, lotions, combs and shampoo.
- Because of wet Seattle winter conditions, our goal is to collect at least 1,000 pairs of new socks for the men this year (shoe sizes 9-12). We also need underwear in various sizes, t-shirts, shorts, boxers, sweatpants, and sweatshirts with hoods
- Warm winter clothing, especially lightly used warm winter coats. Also hats, gloves, and scarves. Waterproof clothing is good.

**Thank you!** If you have a question about dropping off donations, or you would like to schedule a night to serve the meal, please email [john@emmanuelphinneyridge.org](mailto:john@emmanuelphinneyridge.org).