



Men's Shelter Food and Supplies Drive

*** donated items can be left on the table in the Emmanuel foyer on Sunday mornings ***

(frozen foods should be placed in the freezer downstairs)

A note from Ben Paul (shelter super-volunteer)...

1. It's time to prepare for another winter at our UGM Men's Shelter. We need to restock the cupboards. Last year we started with full cupboards and used about 95%. We were able to serve over 6,000 meals last year to homeless men in Seattle. Lord willing, we can do better. Food donations came from all over. The Union Gospel Mission provided good coffee and their frozen soup mixes were well liked (sometimes with a little "fixin' up" from yours truly). Another food source was the Market Time on Fremont. They gave us their daily leftovers almost every evening. God bless them. Bread donations came from basically two sources. The Sunday "gathering of bread" which Sharon Throness does from the local QFC, and my friend Cheech, who worked previously at The Essential Baking Company. He makes a bread run about every other week with large donations to the shelter. God bless him and the workers at The Essential Baking Co. The Mosaic Church Life Group members served two or three times a week as well. A word on nutrition: Most of us have experienced a time in our lives when we didn't eat well. We didn't feel good. Most people in homeless shelters don't eat well. They may get enough calories, but a balanced diet is not within their reach. Good nutrition helps a body function and feel better. That can lead to an opportunity to think more clearly about their lives and their relationship with God. Everyone in the world wants to feel better. Drugs and alcohol will make you feel better for a short period of time. But it brings with it confused thinking about everything and rapidly deteriorating physical health. Let's make sure our food offerings are fresh and have a high nutritional value.

Food supplies needed before the shelter opens on November 2 (or at any time during the season):

- 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. Call Ben first to check on the daily need, since we don't want things to go bad.
- No uncooked meat 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, tooth brushes, disposable razors, deodorant, personal wipes, lotions, combs and shampoo.
- Socks. I lost count on how many socks we gave out last year, maybe 500 pair. We needed a thousand. 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!

Specific questions can be sent to Ben at teehiton@gmail.com