



FISH Food Banks needs you!

Here's how you can help:

- Donate money: **For every \$1.00 donated we can distribute \$7.00 worth of food.** (Does your employer have a matching gift program? Make double the difference!)
- Donate food or non-food items (see list below)
- Organize a food drive
- Volunteer at one of our food banks
- Pray for FISH's work

Needs List

Please, canned or plastic containers only

Food Items

- Beef Chili or Stew
- Diced Tomatoes, Green Beans, Corn
- Cereal
- Tuna
- Vegetable, Chicken Noodle or Tomato Soup
- Peanut Butter
- Fruit Cocktail, Peaches, Pears
- Pork and Beans
- Spaghetti
- Mac & Cheese
- Baby Food

Non-Food Items

- Toothpaste
- Soap
- Shampoo
- Laundry Detergent
- Diapers
- Toilet Paper
- Feminine Hygiene Products
- Toothbrushes
- Combs and hair brushes



***Thank you so much for your care and support
in the ongoing fight against hunger in our community!***



Volunteer Opportunities at FISH Food Banks

Interviewer

Interviewers record information from clients as they come in. Such information would include names, ages of all household members and if appropriate addresses. Includes entering data into the computer system.

Distributor

Distributors escort customers through the food bank to assist them in selecting food that best suits their dietary needs.

Stocker

Volunteers are needed to restock shelves as they become depleted. Food is stored in other areas of the food bank so it must be transported to the shelving units. Individuals must be able to lift 25-30 pounds repeatedly.

Repackaging

Large bags of oats, beans, rice, etc. (50-100 pounds) must be repackaged for distribution. Volunteers break these large bags down into smaller 2-3 cup storage bags for later distribution.

Sorting Food and Breaking Down Boxes

There is a lot of cardboard generated in food banking. Volunteers are needed to break down the cardboard and discard it.

Contact:

**FISH Food Banks
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Tacoma, WA 98402
253-383-3164**

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Thank you for your generous help!