

# HUNGER RELIEF

## Guidelines for Spokane County

*Most  impactful!*



### VOLUNTEER

Contact local hunger relief organizations to see if they are enlisting volunteers and community partners to help collect, distribute and serve food during COVID-19.

Second Harvest  
509.534.6678  
Feed Spokane  
509.216.7364  
Northwest Harvest  
800.722.6924  
Spokane Cares  
[spokanecares@gmail.com](mailto:spokanecares@gmail.com)

### DONATE MONEY

Financial contributions can help organizations to purchase safe, healthy food options in bulk to help more individuals in need.



### DONATE FOOD *(Least impactful)*

Due to a lack of access to food, medical care and shelter, individuals in need are more likely to become ill from improperly handled food.

**No home-prepared foods requiring temperature control for safety can be accepted by hunger relief agencies or distributed to the public.**

Bacteria can grow quickly in foods like meats, dairy products and cooked vegetables. Foods provided to those in need must be prepared and handled according to law in approved or licensed kitchens.

**The following foods may be safely donated to hunger relief agencies:\***



#### Commercially Packaged

**Shelf-Stable Foods:** Packaging/cans must be intact and in good condition.

**Frozen Foods:** Must be frozen and packaging intact.



#### Fresh Produce

Homegrown or other fresh, uncut produce may be donated.

*Nonprofit groups planning to participate in food distribution should:*

1. Contact SRHD at [FoodSafetyProgram@srhd.org](mailto:FoodSafetyProgram@srhd.org) to find out what steps are required to obtain approval prior to starting food distribution.
2. Contact the volunteer groups listed above to find out how to help provide food to those in need.

Questions?

Email [FoodSafetyProgram@srhd.org](mailto:FoodSafetyProgram@srhd.org)

*\*Tip: contact hunger relief agencies directly for information about types of food they can accept.*

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Food Safety Program  
1101 W. College Ave., Spokane, WA 99201  
[FoodSafetyProgram@srhd.org](mailto:FoodSafetyProgram@srhd.org) | 509.324.1565 | [srhd.org](http://srhd.org)

