



LUTHERAN
**Community
Services**
NORTHWEST

Health. Justice. Hope.

<https://bit.ly/healthjusticehope>

Food and Hygiene Donations Needed

[Lutheran Community Services NW](#) is dedicated to helping our neighbors in need throughout King and Snohomish Counties become more stable during the COVID-19 pandemic. For many of the multicultural families we serve, COVID-19 has had a devastating impact.

The requests for food and hygiene products in our Everett and SeaTac Community Resource Centers are significant, and we are asking for your help to keep our community pantries stocked to support our most vulnerable neighbors.

We are accepting donations of the following new, unopened items in Everett and SeaTac:

- Dry goods like rice, bulgur, lentils, split peas, beans (black, pinto, garbanzo)
- Tortillas, pita or flatbreads
- Canned vegetables (ex: tomatoes, corn, green beans, chickpeas, beans)
- Canned fruits
- Canned meats, particularly chicken
- Canned soup
- Instant oatmeal or meal packets
- Root vegetables (ex: potatoes, onions, carrots)
- Quick energy snacks like granola bars, trail mix, mixed nuts, or fruit snacks
- Baby food
- Formula
- Diapers (child and adult)
- Baby wipes
- Shampoo
- Conditioner
- Bar soap
- Deodorant (men and women)
- Hand and body lotion
- Toothpaste
- Toothbrushes
- Razors (men and women)
- Shaving cream (men and women)
- Maxi pads
- Face masks
- Hand sanitizer

To coordinate a hands-free drop off of your donation, please contact:

Andrea Simmonds, Development Manager: asimmonds@lcsnw.org or 425-551-8039.

Thank you for helping us bring [Health, Justice, and Hope](#) to our neighbors in need!