

Produce Donation & Household Supplies

We are always on the lookout for donations of fresh produce, which is both full of nutrients and helps promote home-cooking. Many of our neighbors realize they have an excess of produce in their p-patches or home gardens. We also gladly accept household supplies and other non-food items as listed on the following pages. Contact connect@cultivatesouthpark.org to donate.



Nutrition Guidance for Food Donations

Our Commitment

Cultivate South Park recognizes the important role that food and nutrition play in our neighbors' health. To acknowledge the generational impacts of oppressive practices, policies and structures that perpetuate food access challenges in South Park, we strive to provide nutritious foods to our community. While we accept all donations, some options support our commitment to our neighbors more than others. Please use this list to guide your donation choices.

cultivatesouthpark.org
1251 S Cloverdale St Ste B
Seattle, WA 98108
connect@cultivatesouthpark.org
PHONE

Our food access work is made possible with support from Best Starts for Kids - King County, City of Seattle Human Resources and United Way of King County.



Green: Donate Often

Fruits and Vegetables

Low sodium, no sugar added, packed in water or juice

- Fresh fruits and vegetables
- Canned vegetables (green beans, peas, corn)
- Canned fruit (any variety)

Proteins

Low sodium, packed in water

- Fresh and canned chicken
- Fresh and canned tuna
- Nutritional shakes (Ensure, Boost)

Grains

Whole grain when available

- Rice
- Whole grain pasta
- Oats

Cooking Essentials

- Vegetable-based oils
- Spices (salt, pepper, cumin, ginger, garlic, etc.)

Healthy Snacks

- High fiber granola bars
- Nuts (low/no salt)
- Instant oatmeal (low sugar)
- Protein bars (low sugar)



Green: Donate Often

Beverages

- Coffee (instant or ground)
- Shelf-stable milk
- 100% fruit juice (no sugar added)

Household and Hygiene Items

- Menstrual pads and tampons
- Infant and toddler diapers
- Adult diapers
- Household cleaning items
- Deodorant
- Toilet paper
- Shampoo
- Conditioner
- Body wash
- Toothbrushes
- Toothpaste
- Laundry detergent



Red: Do Not Donate

While we appreciate all donations, we'd like to discourage donations of the items below as they provide little nutritional value and are high in saturated fat, added sugar and sodium which contribute to chronic disease. We also do not accept any items beyond the printed use-by or best-by date.

Highly processed foods

- Cookies
- Candy
- Chips
- Instant ramen

Beverages

- Soda, regular or diet
- Energy drinks
- Sugar-sweetened juice
- Coffee and tea beverages with added sugar

Canned Items

- Canned fruit in heavy syrup
- High sodium canned vegetables
- Soups and stews high in sodium, saturated fats

