

How to help fight food insecurity with the Northampton Survival Center



The government shutdown is affecting SNAP benefits, which—along with other recent cuts—means we're seeing a huge increase in clients needing our services. Thankfully, many in our community have reached out asking how to help. If we come together as a community, we can continue to provide our low-income neighbors with nutritious food in an atmosphere of dignity and respect.

HOW TO MAKE THE BIGGEST IMPACT: Give today. Spread the word.

We're receiving an incredible amount of support right now—thank you! To help us keep up with the high call volume from new clients, please refer to this list instead of calling to check what's needed. It helps us stay organized and focused on assisting our clients in this time of crisis.

Financial donations

When needs are great and resources are stretched thin, one of the most powerful ways you can fight food insecurity is with a financial gift. Financial support gives our team the flexibility to act quickly and efficiently, ensuring that we can respond to our clients' most pressing needs as they arise.

To donate, visit northampton-survival.org/makeagift or send a check directly to Northampton Survival Center (which saves us processing fees). You can also call to join our Bread & Butter Club, a group of generous donors who support the Center with recurring donations every month.

Donating food

While we appreciate food donations, monetary donations are especially helpful because they allow us to make the most of our limited storage space by purchasing exactly what is needed for our clients. If you choose to donate food, we gratefully accept a variety of unopened, unexpired, shelf-stable food items. Gluten-free, low-sodium, and organic items are greatly appreciated to help meet the dietary needs of all families.

Donating toiletries

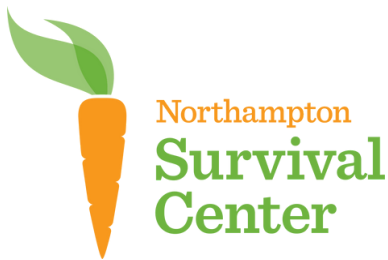
We also accept donations of new toiletries and cleaning supplies. Since most of our clients are housed individuals and families, full-size items are preferred. We accept baby wipes and diapers, body wash, shampoo and conditioner, deodorant, dish soap, hand soap, laundry detergent, lotion, paper towels, powder, period products (maxi pads, pantliners, and tampons), razors, shaving cream, bars of soap, tissues, toilet paper, toothbrushes, and toothpaste.

Donation hours

Individual donations are accepted at the Center on Tuesdays and Thursdays, between 12 & 3 PM. If you can't make it during those hours, or if you'd like to organize a food drive at your place of business, school, or community group, please email us at info@northampton-survival.org to schedule a drop-off time.

Volunteering

Volunteers at our food pantries in Goshen and Northampton help us distribute more than 900,000 pounds of food every year, and we need your help! To join us for a weekly shift, visit northampton-survival.org/volunteer and fill out an application. (We rarely have one-time or group volunteer opportunities, but we recommend organizing a food or toiletry drive with your group instead.)



Thank you for helping us provide nutritious food and other resources to low-income individuals & families in Hampshire County. Donating is easy!

Not sure what to donate? Your favorite things to eat are a good place to start!

Donated food increases the selection in our pantry, empowering our clients to choose food that meets their families' needs. We gratefully accept a variety of unopened, unexpired, shelf-stable food items, including (but not limited to):

CANNED & BOXED GOODS

Beans
Canned fruits & veggies
Chicken/canned meats
Cereal/Granola/Oats
Crackers
Grains/Pasta/Rice
Healthy snacks
Hearty soups
Canned tuna/tinned fish

FLAVOR ENHANCERS

Condiments/Spices
Dried fruit
Honey/Jam/Jelly/Syrup
Ketchup/Mayo/Mustard
Nuts (shelled)
Pasta sauce
Peanut/nut butters
Pickles/Jarred veggies
Salsa

EVERYDAY ESSENTIALS

Baking Soda/Powder
Coffee (ground)
Cooking oil (olive, canola, vegetable, etc.)
Protein bars
Protein shakes
Sugar/Splenda/Stevia
Salt & Pepper
Tea

We aim to serve our clients with dignity and respect, so please be mindful of expiration dates. Gluten-free, low-sodium, and organic items are greatly appreciated in order to meet the dietary needs of all families.

We also accept personal care and cleaning products (full-size preferred) such as baby wipes and diapers, body wash, shampoo and conditioner, deodorant, dish soap, hand soap, laundry detergent, lotion, paper towels, powder, period products (maxi pads, pantliners, and tampons), razors, shaving cream, bars of soap, tissues, toilet paper, toothbrushes, and toothpaste.

>>> *If you donate both food and personal care/cleaning products, please package non-food items in a different bag so that we can weigh everything accurately.* **<<<**

Prefer to make a monetary gift?

Make a gift online by scanning the QR code or visiting our secure giving page at **northampton-survival.org/makeagift**.

Or, send a check made out to Northampton Survival Center, 265 Prospect Street, Northampton MA 01060.

