Food and Fund Drive Guide
Thank you for joining Lift UP in the fight against hunger! With a little work and a lot of fun, we’re sure your Food and Fund Drive will make a difference in our community. Through partnerships with community members like you, we have the ability to provide healthy food to more than 1,000 neighbors in Northwest and Downtown Portland each month. No matter how much food or funds you collect, all donations make an impact. We could not do what we do without the support of the community. Thank you in advance for your support and energy!
WHERE DOES THE FOOD GO?

It stays in the community! Food collected from the Food and Fund Drive is distributed directly to our neighbors in Northwest and Downtown Portland.

Preston’s Pantry
Neighborhood visitors select a week’s worth of groceries once per month. The pantry is open three days each week and features produce and healthy food options.

Adopt a Building Program
Delivered Food Boxes include both perishable and non-perishable grocery items and are delivered directly to the door of our most vulnerable neighbors.

An on-site supply of non-perishable options for those experiencing an unexpected food shortage.

A four-part healthy eating workshop series that unites residents, teaches healthy eating skills, and strengthens the community.

Partner Programs
Community Christmas Dinner
In partnership with Congregation Beth Israel, Lift UP serves 600 meals to local residents. Diners enjoy live music and receive a gift bag with socks, scarves, and handmade winter hats.

Free Food Market
Once a month we distribute more than 2,000 pounds of fresh produce and other food items to the community.
Partnerships with organizations like Oregon Food Bank allow us to purchase food at very low costs. Financial contributions have the most significant impact!

While we are able to provide healthy, nutritious, and diet-specific foods for those in our community who need it most, quite often Lift UP purchases food to supplement our programs. Your monetary donations not only have a powerful impact, they allow us to connect with the most vulnerable of our neighbors, keeping them healthy, happy, and fed.

Raising funds for Lift UP programs can be done in conjunction with a Food Drive or as a separate event. Please contact our Community Engagement Manager for more details: brett@liffturbanportland.org or 503-221-1224.

Our friends at Sasquatch Brewing held a Fund Drive last year—Lift UP provided the poster and stickers to display in their tasting room. Together, Sasquatch Brewing raised $500 to battle hunger in Northwest and Downtown Portland.

30% of Delivered Food Box recipients received boxes designed to meet their specific dietary restrictions. This allows our clients to eat healthily while not worrying about whether food they receive are suitable to their needs. Sourcing these items can be challenging, so we recommend focusing your Food and Fund Drive on the items to the right.

- Low Sodium Foods—soups, canned vegetables, prepared foods (under 140 mg of sodium)
- Oatmeal, cereal, and breakfast items
- Canned proteins such as tuna, chicken, and other meat
- Canned or dried beans
- Peanut butter and alternative nut butters
- Sugar-free canned fruits and vegetables
- Shelf stable milk—dairy or dairy-alternative
- Whole grain pasta
- Gluten-free foods
What should we collect?
While all food donations are greatly appreciated, the list on the previous page focuses on items in the greatest demand. Monetary donations are welcome and have a crucial impact on the fight against hunger in our community.

What supplies are provided?
We can provide collection barrels, donation envelopes and digital marketing supplies. For Fund Drives, we can supply tracking posters and donation stickers. We even provide ideas on themes and ways to get your team involved!

How long should the Food and Fund Drive last?
It depends on the scale of your Food and Fund Drive. We typically recommend a minimum of two weeks, but, it’s up to you!

I would like to volunteer!
That’s great! Contact abby@lifturbanportland.org and she’ll get you set up.

How do we get our donations to Lift UP?
Due to Covid-19 restrictions, all donations must be delivered to the Lift UP Warehouse. Drop off times are Tuesdays and Fridays, between 9:30am and 12:30pm. Please call in advance if possible to speak with our Warehouse Specialist: 503-221-1224.

Can we collect monetary donations as well?
Absolutely! Through our community partnerships, we are able to purchase food at incredibly low costs. A little goes a long way: $5 equals 15 meals for residents facing hunger.

What food can’t you accept?
Home canned goods, open or damaged items, anything missing a label, and shelf-stable goods expired over six months.

How do we get receipts if we need them?
If you require a tax receipt for food or monetary donations, contact brett@lifturbanportland.org.

About how much weight does a food barrel hold?
Approximately 150 pounds

What do I do when the barrel is full?
If your Food and Fund Drive is still in full swing, you can stop by the warehouse and pick up an additional barrel, or bring the full barrel to the warehouse during drop-off hours.

Will we find out the impact our donations have on the community?
Of course! Our Community Engagement Manager will be in touch with the final amounts of your donations as well as the impact your hard work has on the community!
CONTACT INFORMATION

Community Engagement Manager
Brett Williams 503-221-1224 ext. 106
brett@lifturbanportland.org

Warehouse Specialist
Ceci Estraviz 503-221-1224 ext. 101
warehouse@lifturbanportland.org

Volunteer Manager
Abby Morris 503-221-1224 ext. 107
abby@lifturbanportland.org

Office Location
2701 NW Vaughn Street, Suite 102
Portland, OR 97210
*Office hours have been effected by Covid-19.
Please call in advance

Warehouse Location
2860 NW 29th Ave Portland, OR 97210
*48 hours notice preferred for drop-off
Tuesdays and Fridays, 9:30am to 12:30pm

Recognize/share your success on social media!

Post to our Facebook page:
www.facebook.com/lifturbanpdx/

Tag us in an Instagram post!
@lifturbanportland
#LiftUPFoodDrive
#endhunger

www.lifturbanportland.org