



## Food Donations

Community members and groups should contact our volunteer coordinator, Dwayne Brown by email, [Donations@bphc.org](mailto:Donations@bphc.org) or phone, (617) 534-4953, to schedule food drop-offs.

For food safety questions please contact the Health Department or see MGL 94 § 328 See a list of useful food items below.

## Volunteer Opportunities for Groups and Individuals:

### • Community Meals Program

As a reminder, the shelters are 24-hour, 7 day a week operation. Clients always have access to three meals a day. Volunteers can assist in serving and/or sponsoring dinner for the hundreds of emergency shelter guests at our shelters.

### • Painting and/or Cleaning Projects

Help us to create a welcoming setting for those we serve in our emergency shelters, transitional or recovery programs. This may also include beautification projects with the planting and maintenance of flowers and plants.



### • Donation Drive for Critically Needed Items

Organize a drive at your work, school, place of worship, civic organization, etc. to benefit our emergency shelters and transitional programs. Please see below for our wish list.

### • Recreational or Health-focused Activities

Lead fun activities in our shelters, transitional or recovery programs, such as sing-a-longs, Bingo, board games, arts and crafts, writing activities, walking groups, etc.



### • Tutoring

Clients need help with reading, math, GED Prep, computer literacy, budgeting, etc.

• **Housing and employment opportunities** are always needed.

## Wish List:

### Material goods

- Games/cards
- Books, magazine, journals, note cards
- Art supplies
- DVDs
- Duffel Bags and backpacks
- Bottled water
- Bottled Gatorade
- Phone chargers

### New Toiletries

- Travel size sunscreen
- Wet wipes
- Handwarmers
- Insect repellent
- Hand sanitizer
- Kleenex
- Deodorant
- Feminine hygiene products

## New Clothing

- Underwear for men and women, including women's bras
- Socks for men and women
- Tee-shirts
- Hats, gloves and scarves
- Tennis shoes
- Sweatshirts for men and women
- Sweatpants for men and women
- Rain ponchos

## Food items

- Canned foods  
Protein packed canned tuna, chicken and salmon; beans, lentils; soups, stews, broths, chilis; fruits packed in its own juice; vegetables
- Packaged Foods  
Peanut, sunflower or soy butters; whole grain low sugar cereals; whole grain rice, pasta, quinoa, couscous; dried beans, lentils, peas; snacks
- Drinks & Other Foods  
Shelf-stable foods; 100% juice; baby formula; milk; condiments



Through the help of volunteers and health and human services providers we can create a community for all. This brochure will explain various ways in which you can help your community.

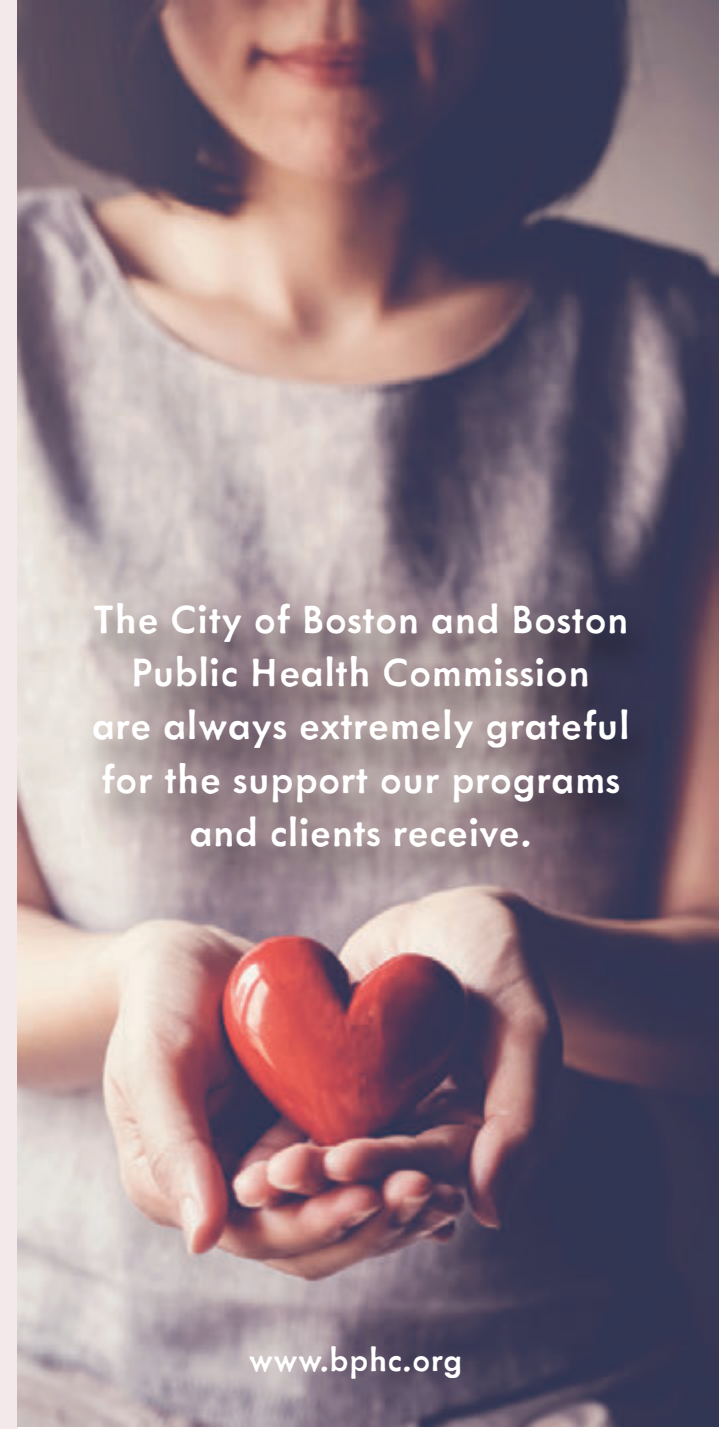


We are always interested in new ideas for activities. If you have a special talent or expertise you would like to share with us, we would really like to hear from you! Please call our Volunteer Coordinator.



When dropping off food or donations please be mindful of creating any trash or debris.

Contact information  
Coordinator – Dwayne Brown  
Email - [Donations@bphc.org](mailto:Donations@bphc.org)  
Phone (617) 534-4953



The City of Boston and Boston Public Health Commission are always extremely grateful for the support our programs and clients receive.

[www.bphc.org](http://www.bphc.org)