

The Bangor Homeless Shelter is in need of food pantry donations and home-cooked meals, sides, and baked goods. They have developed what sounds like an excellent and safe method of helping.

The shelter is located at the corner of Maine and Cedar streets in downtown Bangor. Pull into the parking lot on the left side of the building. You'll see tables outside the kitchen door. You can leave all donations on those tables. They're monitored closely from inside, and someone will be out to pick up the donations within minutes. You don't need to wait with the donations unless you choose to. There is no need to call ahead. Though there is monitoring 24/7 and you're welcome to leave donations any time, the best time to drop things off is between 7 am and 3 pm Monday through Friday.

Home cooked meals, sides, desserts, baked goods, etc.: Clients consider home cooking a real treat, and home cooked donations was at the top of the shelter's wish list. The shelter will use **any size donation of any food**. They serve meals to 30-40 clients a day. They emphasize that donations such as fresh salads will be used and are much appreciated. [Alison note: please either do not include dressing, or give it to them on the side so the salad stays fresh.] The shelter has increased refrigerator and freezer space, and they will make very good use of any home cooked donations. [Note from Alison: I would not expect dishes back; that's complicated at any time, but especially now. I plan to leave my donations in disposable or expendable dishes.]

Food pantry: Again, the shelter will use **any size donation of any items**. They will use the items either in their own cooking for clients, or to stock the pantry. They are seeing increased use of the pantry by families. Here is a list which is illustrative only; they accept and welcome **all** donations.

- Pasta Sauce
- Elbow Macaroni
- Peanut Butter
- Cleaning Supplies
- Water

This is something which even those who are not venturing out can participate in! If you need pickup of your donations and delivery to the homeless shelter please email community@stjohnsbangor.org .

Alison Barkely