

# ADOPT-AN-ITEM

Are you looking for an easy way to give back? Our Adopt-an-Item program is a simple way to make a positive impact in your community. By adopting an item, you provide essential ingredients that help our kitchen staff cook delicious and nutritious meals for our residents.

## HOW TO HELP?

**1**

**Choose an item that you'd like to donate from the list below**

**\*\* Please note, we ask for a 1 month minimum commitment.**

**2**

**Email [volunteer@unionstationhs.org](mailto:volunteer@unionstationhs.org) to schedule your weekly or biweekly delivery.**

**3**

**Deliver to our Adult Center (412 S. Raymond Ave, Pasadena) anytime between 8:00am - 2:30pm.**

# ADOPT-AN-ITEM



## CHICKEN

10lbs of any cut of chicken (drumstick, thigh, ground, etc)

**Needed!**



## PORK

10lbs of any cut of pork (chop, ground, loin, etc)

**Needed!**



## BREAKFAST MEAT

10lbs of any breakfast meat (bacon, sausage links, ham, etc)

**Needed!**



## BEEF

10lbs of any cut of beef (ground, patties, stew meat, etc)



**covered!**



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## POTATOES

2 x 10lb bags of potatoes  
average cost: \$5.99 per bag

**Needed!**



## ONIONS

3 x 3lb bags  
average cost: \$2.99 per bag

**Needed!**



## PEELED GARLIC

12oz - 16oz of peeled garlic  
average cost: \$6.99/16 oz

**Needed!**



## RICE

2 x 5lb bags of any white rice  
average cost: \$5.29 per 5lb bag

**Needed!**

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## MILK

3 gallons of milk

average cost: \$3.49 per gallon

**Needed!**



## BEANS

1 x 6lb canned beans (any type)

average cost: \$9.49 each



## BREAD

4 x 20oz bags of white or wheat bread

average cost: \$2.99 per bag

**Needed!**



## DELI MEAT

1 x 3lb of deli meat (turkey, ham, etc)

average cost: \$6.99 per 1lb bag

**Needed!**



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## EGGS

3 x 18 count egg cartons  
average cost: \$4.39 each

**Needed!**



## CHEESE

3 x 16oz cheese (sliced or block)  
average cost: \$4.99 each

**Needed!**



## BUTTER

3 x 1lb unsalted butter  
average cost: \$4.49 per pound

**Needed!**



## FRESH PRODUCE

Any 10lb combination of produce  
(lettuce, tomatoes, cucumbers, etc)

**Needed!**