



2020 Kirkland Donation Drive

**Wednesday,
November 18th**

Dear Members and Friends,

As Thanksgiving approaches, we at Columbia Athletic Clubs are reflecting on all the things we are grateful for. Our wonderful Members and the communities we serve are at the top of the list. With that on our minds and in our hearts, we are looking for ways to give back. We realize that, during these challenging times, more and more families in our communities are struggling with food insecurities. Therefore, Columbia Athletic Clubs is partnering with Kirkland Nourishing Network and Juanita High School to help these families obtain essential food and personal-care items.

On Wednesday, November 18th, we will be setting up a tent in the parking lot of our Juanita Bay location to receive donations from those of you who wish to contribute along with us.

We will be receiving items from 8am to 12pm, then delivering them to Juanita High School for distribution to those in need. For those unable to make it to the Club on the morning of the 18th, items can be dropped off directly inside the Club starting Thursday, November 5th.

Below is the list of grocery and personal-care items that we will be accepting. (If you would rather donate a gift card, we will be accepting them in \$25 increments for Fred Meyer and Safeway.)

Grocery List

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|-----------------------|-----------------------|---------------------------------|------------------------|
| • 1-Lb. Bags Pasta | • Instant Oatmeal | • Ind. Mixed Nuts/
Trail Mix | • Microwave Popcorn |
| • Jars of Pasta Sauce | • Canned Chicken/Tuna | • Refried Beans | • Fruit Cups |
| • Soup | • Canned Veggies | • Canned Beans | • Bisquick/Pancake Mix |
| • Peanut Butter/Jelly | • Granola Bars | • Tomato Sauce/Paste | • Syrup |
| • Canned Chili | • Fruit Snacks | | |

Personal-Care Items*

- | | | | |
|--------------------|----------------------|----------------|------------|
| • Laundry Soap | • Spray Cleaner | • Toothpaste | • Bar Soap |
| • Liquid Hand Soap | • Disinfecting Wipes | • Toothbrush | |
| • Dish Soap | • Hand Sanitizer | • Dental Floss | |
| • Sponges | • Shampoo | • Deodorant | |

*No razors. No medicines (Tylenol, etc.)

Thanks in advance to our wonderful Members. If you have questions, please contact Dana Oskoui at danao@columbiaathletic.com.

