



LOCAL DONATION OPTIONS

If you're not sure where to donate, there are several local organizations you can consider, including the Children's Inn, the Safra Family Lodge, the Capital Area Food Bank, and Manna Food Center. Donation information on all four can be found below.

Children's Inn

You may purchase food items off the Inn's [Amazon Wish List](#) and have it sent to the Children's Inn, at the following address:

**The Children's Inn at NIH
7 West Drive
Bethesda, MD 20892**



Safra Family Lodge



THE EDMOND J. SAFRA FAMILY LODGE
AT THE NATIONAL INSTITUTES OF HEALTH

You may purchase food directly from your preferred online grocer and have it sent to the Safra Family Lodge, at the following address:

National Institutes of Health
Attn: Feds Feed Families-HHS-NIH
Edmond J. Safra Family Lodge
65 Center Drive Room 104A
Bethesda, MD 20892

The following list contains the Edmond J. Safra Family Lodge's most needed items:

- Breakfast-to-go meals (oatmeal, cereal, etc.)
- Soups (canned as well as Cup of Soup types)
- Vegetables (microwavable, canned and frozen)
- Canned spaghetti o's for children
- Canned Chili (with or without meat)
- Canned baked beans
- Other canned foods are acceptable
- Individual cereals (dry, oatmeal to be cooked and bowls of cereal)
- Individual fruit portions (applesauce, peaches, mixed fruit, pears, etc.)
- Individual pudding portions
- Individual Jell-O portions
- Healthy snack bars
- Macaroni & cheese (just add water type)
- Pastas of any shape and size (regular, whole wheat, gluten free, etc.)
- Pasta sauces
- Rice (white, brown), microwaveable
- Small cans of tuna or chicken
- Condiments: small containers of mayonnaise, mustard, ketchup, jellies or jams (these can be shared in the communal refrigerator once opened)
- Cooking oils (vegetable, olive, etc. – small containers preferred)
- Spices: small containers (better for staying fresh until used up) of spices: cinnamon, tarragon, curry, paprika, ground pepper, salt, thyme, parsley, oregano, garlic, etc. (small canister pairs of salts & peppers are useful)
- Freezer meals: individual and family size (Lasagna, pizzas, mac and cheese, meat, vegetable)
- Food storage containers and several sizes of Ziploc-type storage bags
- Juice drinks (individual)
- Water (bottled)
- Healthy snack

**Gluten-free options are appreciated!

Capital Area Food Bank

For information on the Capital Area Food Bank, [check out their website](#). There are several ways you can support the CAFB. Here are two ideas:

You may purchase food items off the [Capital Area Food Bank's Amazon wish list](#).

You may purchase food directly from your preferred online grocer and have it sent to the Capital Area Food Bank at the following address.

Keep in mind [the Food Bank's most needed items, found here](#):

Capital Area Food Bank
Attn: Feds Feed Families-HHS-NIH
4900 Puerto Rico Ave., NE
Washington, DC 20017

Manna Food Center

For information on how to support Manna Food Center, [check out their website](#).

OFF CAMPUS LOCATIONS POINTS OF CONTACT

Off-Campus Locations	Point of Contact	Local Organizations In the Spotlight
NCI -- Frederick: Building 427 Lobby	Kelsey Knepp Kelsey.Knepp@nih.gov	Frederick Rescue Mission
NIDA -- Baltimore	Mary Pfeiffer MPFEIFFE@intra.nida.nih.gov	Helping Up Mission
NIAID -- Montana	Katrina Matten Mattenk@niaid.nih.gov	Haven House Food Bank (406) 363-2450 Darby Bread Box (406) 821-2081
NIEHS -- North Carolina	Monya Brace Monya.Brace@nih.gov	Food Bank of Central and Eastern North Carolina , Durham Rescue Mission
NIDDK -- Phoenix		Grace Lutheran Church