

DONATION FORM
Radford-Fairlawn Daily Bread (Including Meals on Wheels)
P. O. Box 3323, Radford, VA 24143

I would like to contribute cash. Enclosed is a check for _____
(Please make checks payable to Radford-Fairlawn Daily Bread)

I would like to contribute food with an estimated value of _____

I would like to volunteer. _____

Check the lists below and if possible, tell use the kind(s) of activity that interests you:

If you work for a business or organization, see if you're your workplace would like to sponsor one or two volunteer-days per month, when employees take turns delivering meals, serving meals, or sorting food.

Name (printed) _____

Signature _____

Date _____

If you would like a confirmation of receipt and documentation for tax purposes, please give a mailing address:

Street or P. O. Box _____

City, State, Zip code _____

Examples of Food/Supply Donations Needed

1. Fresh foods: Meats ,cheese, produce (surplus from your garden is a special treat!)

2. Canned goods. If possible, large cans, and /or low sodium.
Please, no cans badly rusted or dented.

- green beans, peas, beets, greens
- beans
- tomatoes, tomato sauce, tomato paste, pasta sauce
- fruits, preferably without syrup or added sugar
- meats and fish (e.g. tuna, salmon)
- peanut butter
- pastas, rice, potatoes, sweet potatoes

3. Paper towels.

Examples of Volunteer Activities

1. Prepare meals, serve, and clean in the dining room.
2. Drive your car to deliver meals.
3. Pick up food from local grocery stores or delivery trucks.
4. Buy food and supplies.
5. Pick up food from USDA warehouse in Salem, or help sort it.
6. Help maintain RFDB equipment and facilities (e.g. repairing equipment, painting, cleaning)
7. Get involved in running the organization and planning.