

Donation Guide for the Salvation Army of Siouland

Women's Cloth	Low	High
Blouse	\$2.50	\$12.00
Boots	\$2.00	\$5.00
Coat/Jacket	\$10.00	\$40.00
Dress	\$4.00	\$20.00
Handbag	\$2.00	\$20.00
Shoes	\$2.00	\$25.00
Skirt	\$3.00	\$8.00
Suit	\$6.00	\$25.00
Sweater	\$4.00	\$15.00

Men's Clothing

Jacket	\$8.00	\$25.00
Shirt	\$3.00	\$12.00
Shoes	\$4.00	\$25.00
Suit	\$15.00	\$60.00
Sweater	\$3.00	\$12.00

Children's Clothing

Boots	\$3.00	\$20.00
Coat/Jacket	\$5.00	\$20.00
Pants	\$3.00	\$12.00
Shirt	\$2.00	\$6.00
Shoes	\$3.00	\$8.00
Sweater	\$3.00	\$8.00

Miscellaneous Donations

Books	\$1.00	\$3.00
Computer Syst	\$100.00	\$400.00
DVD Player/VC	\$8.00	\$15.00
Lawn Mower	\$25.00	\$300.00
Stereo	\$15.00	\$75.00
Vacuum/Clean	\$15.00	\$65.00

Appliance Don.	Low	High
Air Conditioner	\$20.00	\$90.00
Dryer	\$45.00	\$90.00
Stove (Gas or E	\$50.00	\$150.00
Heater	\$8.00	\$22.00
Microwave	\$10.00	\$50.00
Refrigerator	\$75.00	\$250.00
TV (color)	\$75.00	\$225.00
Washing Mach	\$40.00	\$150.00

* all appliances must be in working order for accurate estimate

Furniture Donation

Chest	\$25.00	\$95.00
Coffee Table	\$15.00	\$65.00
Crib w/ mattress	\$25.00	\$100.00
Desk	\$25.00	\$140.00
Dining Room Set	\$150.00	\$900.00
End Table	\$10.00	\$50.00
Kitchen Set	\$35.00	\$170.00
Rugs	\$20.00	\$90.00
Sofa	\$35.00	\$200.00
Upholstered Ch	\$25.00	\$100.00

Household Goods

Bedspread/Bl	\$3.00	\$24.00
Curtains/Drape	\$2.00	\$40.00
Floor Lamp	\$6.00	\$50.00
Glass/Cup	\$1.00	\$2.00
Mixer/Blender	\$5.00	\$20.00
Plate	\$1.00	\$3.00
Sheets	\$2.00	\$8.00

For a Complete list of all donation estimates from the salvation army visit
www.satruck.org/donation-value-guide

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

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Judd E. Hollander



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Pittsburg, Pennsylvania; Cleveland, Ohio; Detroit, Michigan; Indianapolis, Indiana; St. Louis, Missouri; Cincinnati, Ohio; Columbus, Ohio; Chicago, Illinois; Milwaukee, Wisconsin United States. Congress. Joint Committee on Housing, 1948

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Der Stoffwechsel auch Metabolismus genannt umfasst alle Vorgänge bei denen Stoffe in unseren Zellen neu aufgebaut, abgebaut oder recycelt werden. Das Ganze dient dazu unseren Körper in Schuss zu halten. Man unterscheidet dabei grob zwei Stoffwechselabteilungen: den Baustoffwechsel und den Energiestoffwechsel.

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Da der anabole Stoffwechsel für die Synthese von Eiweißen verantwortlich ist, spielt dieser Prozess auch beim Muskelaufbau eine entscheidende Rolle. Wenn du deinem Körper ausreichend Muskeltreibstoff in Form von Proteinen zur Verfügung stellst, kannst du effektiv Muskeln aufbauen.