

Food Drives

A food drive is a great community activity for any group - big or small. This activity requires little or no experience and anyone can participate.

How to Coordinate a Successful Food Drive

- Build a team - Putting together a dedicated and enthusiastic team can ensure that all of the work doesn't fall to one person! Decide how to divide responsibilities and organize logistics.
- Develop a timetable for your food drive.
- Contact the Central Pennsylvania Food Bank at 717.564.1700 for pre-planning purposes. Our food drive contact is Jim Burns, ext. 3012 or jburns@centralpafoodbank.org If needed, the Food Bank can provide donation boxes or barrels.
- Determine collection site(s). Contact organizations in your community that might be interested in serving as collection sites, such as schools, local businesses, religious organizations, etc.
- Develop a flyer or poster describing your food drive, including collection sites. Use the poster template or logo if possible. Include list of suggested foods. Distribute throughout your community. Communicate that ALL food drive donations stay local - to help the hungry in Central PA.
- Hold your food drive. Use this as an opportunity to educate your community or group about hunger issues in Central PA. See the fact sheet for more information.
- Deliver donations to the Central Pennsylvania Food Bank.
- Write a thank you to all volunteers/team members. You may wish to include information on how much food was donated or plans for additional food drives. The Food Bank can provide food donation measured in pounds.



Food Drive Items

Most needed food drive items:

- canned tuna
- pasta/packaged noodles
- soup
- peanut butter
- jelly
- canned fruit
- canned vegetables
- crackers
- tomato/pasta sauce
- cereal

Remember that the Department of Health requires that all cans have labels and that packaged goods must be factory-sealed, in good condition, without rust or severe dents. Also, health laws prohibit the distribution of home-canned or home-packaged foods.

Donate Funds

A fundraiser is a great way to support Hunger Action Month. Many individuals take it upon themselves to join the fight against hunger by raising money from family and friends - even if it's \$20 or \$40 at a time. If you belong to a group, sports club or community association, many times fundraising events can be centered around something that your group might enjoy doing together. Corporate employee groups can also find creative ways to raise funds.

Remember, for every \$1 donated, the Central Pennsylvania Food Bank can distribute \$15 worth of food and grocery items. Your donations really do make a difference!

How to Coordinate a Successful Fundraiser

- Build a team - Putting together a dedicated and enthusiastic team can ensure that all of the work doesn't fall to one person! Decide how to divide responsibilities and organize logistics.
- Choose your event and develop a timetable. See idea list for suggestions.
- Contact the Central Pennsylvania Food Bank at 717.564.1700 for pre-planning purposes. Our special event contact is Tara Davis, ext. 3024 or tdavis@centralpafoodbank.org. Let us know the details in advance and we may be able to provide support for your event.
- Develop a publicity strategy. Make sure your entire community knows about your event. Use resources such as public bulletin boards, websites, corporate involvement, high profile community members, newsletters, church bulletins, e-mail, etc. Remember to communicate that ALL funds stay local - to help the hungry in Central PA.
- Hold your event. Use this as an opportunity to educate your community or group about hunger issues in Central PA. See the fact sheet for more information.
- Speak with your Food Bank contact about getting the funds to the Central Pennsylvania Food Bank. We want to hear about your successes and publish your photos in our publications/website.
- Write a thank you to all volunteers/team members. You may wish to include information on the total amount donated.
- Evaluate your event and plan ahead for next year!

Fundraiser Idea List

Choosing your event might come very easy or it may be a struggle. The most important thing is you make it your own and you have fun! We've compiled some ideas to help you get started. Here's a list to get you thinking:

Arts & Crafts Sale

Auction/Silent Auction

Bake Sale

Basketball Shootout

Benefit Concert

Bowl-a-Thon

BBQ/dinner

Car Wash

Dance-a-thon

Dress Down Day

Fashion Show

Flower Sale

Ice Cream Social

Pizza/Sub Sale

Skip-a-meal (participants donate the money they would've spent on a meal that day)

Talent Show

Used Book Sale

Yard Sale

Donate Time

The Central Pennsylvania Food Bank offers various ways for individuals or groups to participate in the fight against hunger. Shifts are flexible and any size group is welcome.

Most volunteer opportunities are available at the Food Bank facility located at 3908 Corey Road in Harrisburg, PA 17109.

If you are interested in volunteering, contact the Volunteer Coordinator:
Jim Burns at
jburns@centralpafoodbank.org
or 564.1700, ext. 3012



Volunteers needs include:

Warehouse help - sorting mixed food products from food drives, repacking bulk food into smaller quantities; cleaning; organizing; stocking shelves; loading products for soup kitchens, shelters, etc.

Office assistance - filing; data input; updating spreadsheets, organizing supply areas.

Special Event Volunteers - Occasionally we also need help putting together special events. This support includes making signs, nametags, organizing materials, processing mailings and other event-specific tasks.

Tell Somebody

Help the Central Pennsylvania Food Bank raise even more awareness and funds for the fight against hunger. Hang posters, send e-mails or text messages. Tell people to visit hungerbites.org so that they can learn the facts about hunger and what they can do to get involved!

Tell a friend today - use the *send to a friend* button!

Be an Advocate

One of the greatest ways you can support the needs of hungry people here in our communities is by advocating on their behalf before one of the most powerful institutions in the world - the government.

You can send a letter to your local representative by regular mail, e-mail or fax.

Dear Senator *insert last name* OR Dear Representative *insert last name*

1,200,000 Pennsylvanians do not have access to adequate food.

162,000 Pennsylvanians are hungry.

Grocery store food prices increased at an 8 percent annual rate in 2007.

These programs address hunger and food insecurity for Pennsylvanians in need:

State Food Purchase Program provides grants to all 67 counties for the purchase of foods and nutritional supplements, for critical transportation and infrastructure needs, and to cover the charges associated with accessing federal food commodities. It is an essential tool for Pennsylvania's food banks and food pantries in the effort to provide for our most vulnerable citizens.

Farmers Market Nutrition Program serves two important goals: good health for Pennsylvania seniors and WIC families, and higher sales by Pennsylvania fruit and vegetable farmers. Operating from June to November, this program increases the sales of farmers engaged in direct marketing, teaches nutritious eating habits to young families and helps 175,000 seniors to stay healthy by eating fresh produce.

Pennsylvania Agricultural Surplus System is a new partnership of the PA Department of Agriculture, Pennsylvania Association of Regional Food Banks, and the agricultural community. Benefits to the farmers include: avoiding high costs of landfill disposal, creating positive public relations, increasing new market potential, and reducing overhead cost. Food banks would have access to more fresh nutritious Pennsylvania-grown produce to help our neighbors in need.

Neighborhood Assistance Program is not a grant program, but an "incentive" program that provides *tax credits* to corporations that make contributions to approved programs. Any business or industry subject to the Pennsylvania corporate net income tax, gross premiums tax, bank & trust company shares tax, title insurance shares, capital stock or foreign franchise tax may receive a **55% tax credit on eligible contributions** to approved NAP projects. The Pennsylvania Charitable Food Network receives millions of dollars worth donated food through NAP each year.

These programs are vitally important to me because they help feed hungry people in our state. That the need for such programs even exists in a state as prosperous as Pennsylvania is beyond comprehension. **I hope you agree that these programs must be supported and that you will communicate this position to your caucus leaders.**

Thank you in advance on behalf of all Pennsylvanians.

Sincerely,

Insert your name & date.

Insert full address.

hunger
bites.org

Wear a Shirt

Make a fashion statement and help spread awareness at the same time! \$10 covers the cost of the shirt, shipping, and feeds a hungry individual for an entire day.

Stop by the Food Bank to purchase your shirt during our business hours - Monday through Friday, 8 a.m. - 4:30 p.m. Or use the form below and we will ship your order.

Name: _____

Address: _____

Phone: _____

E-mail : _____

T-Shirt Sizes/Quantity (Adult Sizes Only)

Quantity

_____ Small

_____ Medium

_____ Large

Quantity

_____ XL

_____ 2XL

_____ 3XL

I have enclosed a total of \$_____.

Please make checks payable to Central Pennsylvania Food Bank, 3908 Corey Road, Harrisburg, PA 17109-5929.

I wish to charge my t-shirt order to: VISA MasterCard

Card Number: _____ Exp. Date: _____

Signature: _____

Print name as it appears on card: _____

We will attempt to fill orders and ship as quickly as possible. Please allow two weeks for shipping.

Sample PSA Script (Food Drive)

Call your local radio/tv stations and ask if they would consider running a PSA (Public Service Announcement) for your event. Follow up by faxing or e-mailing the script.

:30 second sample script

(Name of your organization) is doing something to fight hunger in Central Pennsylvania. We are holding a food drive in your community and we need your support! Donation sites are located (insert sites) through (insert date.) We believe that no one should be hungry. All donations stay local in Central PA. (Insert contact, phone or website info) for more information.

Sample PSA Script (Fundraiser)

Call your local radio/tv stations and ask if they would consider running a PSA (Public Service Announcement) for your event. Follow up by faxing or e-mailing the script.

:30 second sample script

(Name of your organization) is doing something to fight hunger in Central Pennsylvania. We are holding (insert name of event/fundraiser) (insert time/place). We believe that no one should be hungry. Donations support the Central Pennsylvania Food Bank. (Insert contact, phone or website info) for more information.

Sample Media Alert/Photo Op

Fax or e-mail alerts to your local newspapers and tv stations.

Contact Name: (insert name and number)

Attention Photo Editors:

**(Insert Name of Event) to raise money to fight
hunger in Central PA**

(Name of Organization) is holding (insert event) to help the Central Pennsylvania Food Bank raise awareness and fight hunger during Hunger Action Month. (Insert one or two sentences explaining event). (Insert date, time and address.)

When: (insert date and time of potential media event)

Where: (insert location of potential media event)

About the Central Pennsylvania Food Bank

The Central Pennsylvania Food Bank is a not-for-profit organization that is able to reduce hunger in 27 counties across Pennsylvania, by working with nearly 500 local agencies to provide food to 35,000 people in need every week. For more information on the Food Bank and its mission to reduce hunger in Pennsylvania, visit www.centralpafoodbank.org

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Corporate Donations

Donations to the Food Bank - whether in food or money - are valuable. Particularly for corporate donors, donating products does more than make the donor feel good. It's also a smart business practice.

- Corporate donors can recoup significant tax savings. The tax deduction usually equals 55% of net actual cost.
- Corporate donors can save storage costs and dumping fees on products they can't move.
- Corporate donors can reduce waste of good product.
- Corporate donors can build their public image by supporting hunger relief efforts in their local communities.
- Corporate donors are protected from liability by the Bill Emerson Good Samaritan Act.

Contact Pat Davis, Queen of the Food Bank, at 717.564.1700, ext. 3025 or pdavis@centralpafoodbank.org regarding corporate food donations in Pennsylvania.

Activities for Children

Elementary Age

- Make a meal of what children experiencing hunger might eat in a day. Talk about this and what we eat on a regular basis. Talk about how it would feel to eat only 1/2 cup of rice in a whole day or to have to skip meals entirely. How would your body feel? Would you feel tired? Cranky? How much do we need to eat to stay healthy? (Topic: Nutrition/Hunger)
- Visit the Central Pennsylvania Food Bank or a pantry in your area. (Hunger)
- Explore what children eat in different cultures around the world. Make some of these meals with your group. Compare the nutritional value of these meals. Talk about the different flavors and why different cultures cook with different foods. Talk about where food comes from. (Nutrition)
- Visit a grocery store. Look at the food that is good for you and the food that is not. Compare prices. Talk about how many times those people with less money to spend sometimes purchase the items with less nutritional value because of cost. (Nutrition/Hunger)
- Visit <http://www.pbs.org/opb/meaningoffood/> - and have your own discussions about what food means to each of us and how food can bring people together, how it can be a way to express love and family history. (Nutrition/family)
- Have children write a poem or story about hunger. (Hunger)
- Ask children to think about what they would purchase if they had only \$1 to spend to eat for an entire day. What about \$15 for an entire week's worth of meals?

Activities for Children

Middle School and Older

- How difficult is it to plan menus for a family on a food stamp budget (between \$1 and 3.75/person/day)? Create a day's worth of nutritious meals that you would enjoy eating, then visit your grocery store and price the ingredients and see if you can make those foods on a food stamp budget. What kinds of foods could you afford and how much of them?
- Visit the Central Pennsylvania Food Bank or a pantry in your area. (Hunger)
- Keep a diary of all of the food and drink you consume over a day (or week). EVERYTHING should be included. Count calories, protein, fat, etc. How much more did you eat than required? How much food did you waste?
- Research what a subsistence diet is. Live on a subsistence diet for a day or 2 and write about the experience.
- Research poverty and hunger on the Internet. What are poverty guidelines? Can you work full-time and still be poor? What are 2 of the largest groups of people seeking food assistance in the United States? What is minimum wage?
- Have children write a poem or story about hunger. (Hunger)
- Collect articles that discuss hunger and poverty. Put together a scrapbook of food/hungerrelated items. Are there many stories? If not, why not? From online research, find out how many people in our country suffer from hunger.
- Fast for one day and then discuss how you feel. Break the fast by sharing a meal together.
- Make a bulletin board or website about hunger issues in your area. Take what you learn about hunger and food security and do a presentation at your school, community center, etc.