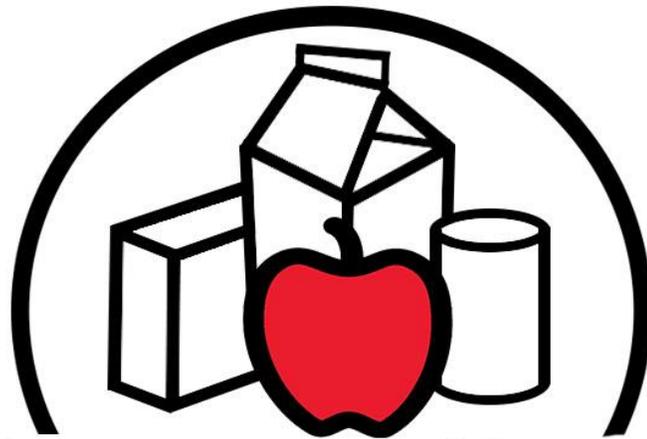


2016

HUNGRY TO HELP



The Foodbank
Solving Hunger In the Miami Valley



United Way of the
Greater Dayton Area
Partner Agency



*Ideas to help your group
relieve hunger in the
Miami Valley*

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CONTACT US

To learn more, for questions and ideas, and to start your campaign contact Lizz Kelly, Volunteer Manager or Lee Lauren Truesdale, Development and Grants Manager.



ONLINE: thefoodbankdayton.org



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ADDRESS: 56 Armor Place
Dayton, Ohio 45417



HOURS: Monday through Friday, 9:00 a.m. – 4:00 p.m.

**Leading the charge to relieve hunger for our
Miami Valley neighbors.**

ABOUT THE FOODBANK

The Foodbank is committed to relieving hunger through the acquisition and distribution of food to hungry people throughout the Miami Valley.

The Foodbank will ensure that food relief is available in our service area to ***all hungry people***, while upholding our six core values of:



ACCOUNTABILITY

We will honor the public's trust by maintaining the highest standards of ethics and stewardship.



ACCESSIBILITY

We will ensure all stakeholders equitable access to The Foodbank and its resources.



ADVOCACY

We will be the voice in the community about hunger and speak out for those who do not have a voice. We will maintain and communicate information to others about hunger.



AVAILABILITY

We will ensure that quality and nutritious food and related supplies are available throughout our service area.



COLLABORATION

We will actively seek to form and broaden collaborations committed to furthering our mission to relieve hunger.



SERVICE

We will serve others in a courteous, sensitive, and compassionate manner.

ABOUT HUNGRY TO HELP

What is Hungry to Help?

Hungry to Help is a community resource used to support groups and organizations that wish to get involved with relieving hunger for our Miami Valley neighbors.

Benefits

- Through Hungry to Help every member of your group, organization, or workplace can participate.
- Hungry to Help offers opportunities for team-building throughout the organization.
- Leadership development opportunities, including project management and public speaking, are created for individuals.
- Public recognition is offered for participation, and your organization can lead the way in the fight against hunger, setting an example in the community.



Flexibility and Convenience

- You can use the ideas in this toolkit at any time, picking the most convenient and impactful time for your organization.
- The activities can be as simple or elaborate as desired.
- Each activity is customizable, to match the needs of your organization.
- Staff resources and support are readily available.



We Need You!

- The Foodbank serves more than 100 programs annually, distributing over 9 million pounds of food.
- With your contribution, additional families can be fed and more people can learn about The Foodbank's mission to end hunger!

HUNGER FACTSHEET

National Hunger Statistics (2014)*

- 1 in 7 people in the United States (**46.5 million**) turn to agencies and programs in the Feeding America network of food banks each year.
- There are nearly **20,000 meal programs** operated by the Feeding America network.
- 1 in 3 meal programs targets children; 1 in 10 programs target seniors
- 41% of households have a member with a post-high school education
- 72% of households live in poverty
- The median income of nationally served households is just **\$927 per month**

Local Hunger Statistics (2014)*

- 8,100 people are served each week by programs supported through The Foodbank.
- Nearly 35% of the members of households served by The Foodbank are **children** under 18 years old.
- 64% of households include at least one employed adult.
- 20% of households include someone who is a veteran or who has served in the military
- 70% of clients served by The Foodbank report having to choose between paying for food and paying for medicine or medical care.
- 73% of clients served by The Foodbank report **having to choose** between paying for food and paying for utilities or heating fuel.
- 67% had to choose between paying for food and paying their rent or mortgage.

Impact

- In 2015, over 1,000 **weekend backpacks** were provided to food-insecure children **each week** during the school year.
- 2.6 million pounds of **fresh produce** were distributed in 2015.
- Through more than 100 programs, The Foodbank provides enough emergency food for an estimated **7,522,885 meals** annually.

**Hunger in America 2014* was conducted using rigorous academic research standards and was peer reviewed by a technical advisory team including researchers from American University, University of Illinois at Champaign-Urbana and the Urban Institute. Nationally, confidential responses were collected on electronic tablets by 6,000 trained volunteer data collectors. The study was funded by The Howard G. Buffett Foundation.

NEED

79%
have incomes below the federal poverty level



26% of households served by The Foodbank report having at least one household member in poor health



33% had to choose between paying for food and paying for transportation



32% had to choose between paying for food and paying for medicine or medical care

IMPACT



26,785 weekend food packs were provided in 2013

Fresh produce rescued from local grocery stores in 2013

176,336
POUNDS 

HOW CAN I HELP?

Raise Goods

- ❶ The Foodbank distributes more than **9 million** pounds of food annually.
- ❷ Organize a food drive to raise non-perishable items to donate to the Foodbank.
- ❸ Get your entire organization, school, or group involved! See Get Started! and Activities pages for ideas.



Raise Funds

- ❶ Just **\$10** can be used to provide **40 meals**.
- ❷ Organize a fund drive or leadership campaign, and watch your donations multiply exponentially!
- ❸ Involve your friends, coworkers, or group. See Get Started! and Activities pages for ideas.

Raise Awareness

- ❶ **46.5 million Americans** go hungry or are at-risk for hunger every year.
- ❷ The Foodbank works to feed the 130,200 people who are food insecure in Montgomery, Greene, and Preble counties, including 41,230 children
- ❸ Increasing awareness of hunger in America is crucial to ending hunger. When we increase awareness of the hunger issue, we not only let others know a problem exists, but also encourage others to get involved and dispel some of the myths about hunger.
- ❹ See Get Started! and Activities page for awareness-raising ideas.



GET STARTED!

1

Learn About The Foodbank

- Connect with us (See Contact Us on page 2), schedule a tour, and get the basics

2

Engage Leadership

- Get support for your campaign

3

Build a Committee

- Recruit the extra hands you need to help

4

Plan the Project

- Select dates and choose activities

5

Advertise & Inform

- Make posters, send emails, and distribute flyers to tell people about The Foodbank, your project, and how their support helps

6

Get Going!

- Carry-out the project, track and publicize results, and submit your donation (see Contact Us on page 2 for drop-off information)

CONNECT AND PUBLICIZE

The success of your project will depend on how well you get the word out. Here are some tips for utilizing social media:

Connect with The Foodbank



VISIT thefoodbankdayton.org



LIKE Foodbank Dayton at facebook.com/thefoodbank



FOLLOW @FoodbankDayton at twitter.com/FoodbankDayton



SUBSCRIBE to TheFoodbankDayton at youtube.com/user/TheFoodbankDayton



FOLLOW @thefoodbankdayton on Instagram

Why Use Social Media

- 🎯 **Showcase your organization's philanthropic involvement** in leading the fight to end hunger.
- 🎯 **Build awareness** of hunger in your community and The Foodbank's mission to end it.
- 🎯 **Motivate others to participate** and get them excited for the event!

Steps for Publicizing on Social Media

Tag The Foodbank in all promotions. Use **#hungrytohelp** or **#helpie** for all tweets and posts.

1. Promote upcoming activities

Be sure to include date, time, and location.

Example: Join us tomorrow for [our activity] to support The Foodbank!

2. Explain why you're involved (See Hunger Factsheet)

Example: We support The Foodbank because 35% of food requests are for households with children.

3. Announce your progress and results

Example: Thanks to everyone who participated today to support [our activity] – we raised over XXX pounds of food to benefit The Foodbank!

【 Create a video of your event and post on YouTube, publicizing it on social media. 】

4. Challenge Peers

Example: We're fighting hunger with The Foodbank! What can you do to join us?

ACTIVITIES

FOR EVERYONE

Food Fundraiser

Try anything food or goods related to raise money. Have a bake sale, dessert auction, or potluck meal. Host a car wash, craft sale, or yard sale. Spread the word about The Foodbank and hunger to your customers and donate all proceeds to benefit The Foodbank.

Good-To-Go Greetings

Each week, The Foodbank distributes 1,400 Good-to-Go Backpacks to children who are at risk for going hungry over the weekend. To go along with the backpacks, write cheery notes to send to children to brighten up their weekend. This is a great chance to be creative!

Make Room for the Hungry

Place an empty bowl or an entire place setting at your table or in your classroom to remind you of those who go without nutritious food each day. Every day, count something in your home or class, such as number of stuffed animals, number of coats in your closet, or number of pencils in a bin. Put a coin in the bowl for each item counted. At the end of 30 days, donate the coins you collected to The Foodbank.

For more details on this project, including a "calendar" of items to count each day, see the book [Doing Good Together: 101 Easy, Meaningful Service Projects for Families, Schools and Communities](#) by Jenny Friedman and Jolene Roehlkepartain (Free Spirit Publishing, 2010).

Create a Cookbook

Collect favorite family-friendly recipes from friends and neighbors, add drawings and personal comments, and then look online for design and binding options. Along with recipes, includes facts about hunger and ways for people to get involved in ending it. Sell the cookbook to family, friends, and your social media contacts and donate proceeds to The Foodbank.

FOODstruction Competition*

Start a friendly competition between classes, teams, or departments over who is the most architecturally minded. Designate a portion of time for donations of food items to come in and for groups to plan out their canned-goods design. At the end of the fundraiser, host the building competition and award prizes to the most donations raised, the most creative structure, and overall best design. Take plenty of pictures before deconstructing the creations, sorting the goods, and dropping off the donations at The Foodbank.

Canned Goods Collection



Encourage your community to raise goods for The Foodbank. Drop off cards at each house in the neighborhood, encouraging them to leave out canned goods for you to collect on a certain date. Then pick up and sort the goods, and deliver them straight to The Foodbank. If possible, make this a regular effort! Be sure to write thank you cards to leave behind when picking up donations. (See page 10 for drop-off card template).

Pantry Party*

Host a party to help fill The Foodbank's pantries! If celebrating your birthday, instead of presents, have your guests bring 10 canned goods. Or, host a barbeque and charge an entrance fee of 2 canned goods. At the end of the party, drop off goods to The Foodbank, and challenge your guests to host the next one.

Mobile Food Packing

Help The Foodbank pack food for seniors or students. A great project for large groups with the space, The Foodbank brings the items directly to your site for your group to sort and assemble. Before the event, be sure to create greeting cards from your group to go directly into the food packs.

Community Garden

Have unused lawn space and are unsure of what to do with it? Collect your teammates, coworkers, group members, and friends and start a garden for the Foodbank! Either build raised beds or plant directly in the ground. Garden throughout the year by planting root vegetables and squash for the autumn and winter, and vegetables from the vine and greens for the spring and summer. See www.almanac.com/vegetable-garden-planning-for-beginners for tips and ideas.

**Penny Wars***

Compete with other classes, departments or groups. For a week, see who can raise the most pennies and canned goods. Earn positive points for each penny and can of food, while quarters, dimes, nickels, and bills take away points. At the end of the week, have a party to count the donations received, the team with the most points wins!

WORKPLACE CAMPAIGNS**Jeans Day**

Designate a day each week for your employees to dress down. Have employees who want this benefit bring in either \$5 or 8 canned goods, to last them for the month, with all proceeds going to The Foodbank.

Food Stamp Challenge

Do you have what it takes to eat on four dollars a day in SNAP (Supplemental Nutrition Assistance Program) benefits? Challenge your coworkers to take the challenge for a week, to raise awareness and understanding as to what it takes to live on SNAP benefits. At the end of the week, donate the excess money that normally comprises your food budget to The Foodbank.

Macaroni Mondays, Tuna Tuesdays*

Pick a week to encourage donations of much-needed foods. Pass out grocery bags to your co-workers for them to fill with the day's items. Use Macaroni Mondays, Tuna Tuesdays, Wheat Bread Wednesdays, Soup Thursdays, and Fruit Fridays (or make up your own!).

Leadership Campaign

Encourage employees to donate a portion of their income to The Foodbank. Offer convenient methods of donation, such as payroll deduction. Use incentives (i.e. an extra day off) to increase participation.

**Donation Barrel needed – contact The Foodbank for pick-up.*

FOOD DRIVE NEEDS

If planning a food drive, all non-perishable foods can be utilized. For those who ask what to bring, distribute this list of The Foodbank's most needed items.



Basic Foods

Hearty Soups
Stews (Beef, Chicken and Dumplings)
Chili
Peanut Butter and Jelly
Macaroni and Cheese



Meat/High Protein Group

Canned meats: ham, chicken, meat spreads
Canned fish including tuna, salmon, sardines, other fish
Nuts and seeds
Rice and Beans



Breads, Cereals & Pasta

Hot and cold breakfast cereals, including oatmeal and cream of wheat
Baking mixes: pancake, corn bread, cake mixes/icing, quick breads
Pastas and canned sauces



Dairy Group

Evaporated milk
Powdered milk
Puddings & custards



Fruits & Vegetables

Canned fruits: peaches, pears, pineapples, applesauce, fruit cocktail
Canned juices: apple, cranberry, tomato and vegetable
Canned vegetables: green beans, peas, corn, tomatoes, potatoes



Other Items

NOTE: Must be boxed and stored separately from all food items

Cat and dog dry and canned food
Non-food Household products
Paper – toilet, tissues and towels
Soap – Bar and liquid

CANNED GOODS COLLECTION



Did you know that **70,300 people** access food pantries or kitchens each year in **Montgomery, Greene, and Preble** counties?

Help Group Name and The Foodbank fight hunger by donating goods that will serve hungry families across the Miami Valley.

On Date , by Time leave non-perishable food items on your doorstep for members of our group to collect, and be a part of the fight to end hunger.

Visit thefoodbankdayton.org or facebook.com/thefoodbank for more facts about hunger and how they are working to end it.

GO FURTHER

Use the resources below to wrap-up the project and encourage further learning and service. These resources are especially suited for youth.

Reflect

- 🎯 Why is it hard to picture what it's like to be hungry when you always have plenty to eat?
- 🎯 Have you ever been hungry and had to wait to get food? How did it feel?
- 🎯 Close your eyes and imagine if you ate only one meal a day for days or even weeks. How do you think that might feel?
- 🎯 Why do you think some people don't have enough nutritious food?
- 🎯 Do you think you should help those who are hungry? Why or why not? What other things could our family do to help out?
- 🎯 When we donate our money, how do you think The Foodbank uses it to help people who are hungry?
- 🎯 How else can we raise awareness as well as money for this cause?
- 🎯 How did it make you feel to tell people about The Foodbank and raise money to help their work?
- 🎯 What other types of charities are there and how do they help people, communities or the world?

Learn More

Print Resources

- Stone Soup by Anne McGovern (Scholastic, 1996).
- What the World Eats by Faith D'Aluisio (Tricycle Press, 2008).
- Uncle Willie and the Soup Kitchen by DyAnner DiSalvo-Ryan (Harper Collins, 1997).
- Kids Against Hunger by Jon Mikkelsen (Stone Arch Books, 2008).
- A Kid's Guide to Hunger and Homelessness: How to Take Action! by Cathryn Berger Kaye (Free Spirit Publishing, 2007).
- Doing Good Together: 101 Easy, Meaningful Service Projects for Families, Schools and Communities by Jenny Friedman and Jolene Roehlkepartain (Free Spirit Publishing, 2010).

Online Resources

- feedingamerica.org – Learn more about hunger across the nation.
- volunteerd Dayton.org – Find more volunteer opportunities in the Dayton area.
- bigheartedfamilies.org – Simple, fun and engaging activities for your family to live generously.
- learningtogive.org – A site with comprehensive curriculum for students discussing social issues and community service.
- takepart.com/place-at-the-table – Participate in The Hunger Challenge.
- thevolunteerfamily.org – Find resources and opportunities to volunteer with your family.

Grocery Stores by the Numbers

The Foodbank relies on donations of food to keep the shelves of food pantries stocked so they, in turn, can put food on the tables of families in need in the Miami Valley.

- Last year, The Foodbank distributed **7.5 million** pounds of food
- **2.2 million** pounds of this food came from our **local grocery stores**; that's nearly 30% of our food!
- **221,954** pounds of produce picked up from local stores; an increase of 70% from just last year!

This year, with **YOUR** help, we hope to distribute even more healthy foods like fruits, vegetables, and dairy.

Food insecurity affects the health of individuals young and old. The following are just a few of the consequences caused by not having adequate access to healthy food*:

- Children in food-insecure households are more likely to experience risk of hospitalization, iron deficiency anemia, and overall fair/poor health
- Individuals that experience chronic food insecurity have higher prevalence of diabetes, increased inflammation, cardiovascular disease and higher odds of being obese
- In part because of lower and inadequate nutrient intakes, food insecure seniors, especially those with poor health, can experience declines in health

Thank you for your continued support through the donation of food and please join us as we work to put healthier food on the tables of our neighbors in need.

YOU are a Hunger Hero!

Thank You

*RTI International Center for Health and Environmental Modeling. Current and Prospective Scope of Hunger and Food Security in America: A Review of Current Research. July 2014. http://www.rti.org/pubs/full_hunger_report_final_07-24-14.pdf.

The Foodbank follows the guidelines, codes, and standards set forth by The Association of Fundraising Professionals. You can find these at: www.afpnet.org.