Are you HUNGRY TO HELP?

Look inside for ways to help rally your team and relieve hunger in the Miami Valley

LIVE UNITED
United Way
United Way of the Greater Dayton Area Partner Agency

MONTGOMERY COUNTY

The Foodbank
Solving Hunger In the Miami Valley
Hungry to Help

CONTENTS

About the Foodbank ........................................... 2
About Hungry to Help ........................................... 3
Did you know? ...................................................... 4
Grocery Stores by the Numbers .............................. 5
How Can YOU Help? ............................................. 6
Connect and Share ............................................... 7
Activities ............................................................... 8-9
Food Drive Needs ................................................. 10
Canned Goods Collection Template ......................... 10
Go Further ............................................................. 11

Relieving food insecurity in our community because no one should go hungry

The Verizon Volunteer Team

thefoodbankdayton.org
ABOUT THE FOODBANK

Vision: The Foodbank believes that no one should go hungry.

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

The Foodbank is dedicated to building and sustaining a community that makes food accessible to all people.

You are invited to help The Foodbank ensure all people in our community have access to food. Grab some work colleagues, social club, faith group, or any other team and come volunteer!

CONTACT US

To learn more, for questions and ideas, and to start your campaign contact Sean Mitchell, Volunteer Manager or Aaron Hill, Community Campaign Manager.

ONLINE: thefoodbankdayton.org
PHONE: (937) 461-0265 x 27 (Sean) x 19 (Aaron)
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Dayton, Ohio 45417
HOURS: Monday through Thursday, 9:00 a.m. – 4:00 p.m.
Friday, 9:00 a.m. – 2:00 p.m.

The Foodbank Team
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. This toolkit is meant to help cultivate an engaging volunteer experience with your team.

Benefits

- Through Hungry to Help, every member of your group, organization, or workplace can participate.
- Hungry to Help offers dynamic team-building opportunities.
- Share via social media channels and showcase the way your organization is leading the fight against hunger, setting an example in our community.
- Need to tweak an idea or have questions about next steps? The Foodbank staff are here to support and are readily available to assist you and your team!

“When giving back to the community, it is important for us to see the difference we make. At The Foodbank, our efforts show both through measured work and seeing the smiles on clients’ faces. It makes it all worth it!”

-Daniel Rose, Verizon District Manager – Retail Sales
Did you know?

U.S. National Hunger Statistics (2017)*

- 1 in 8 people in the United States (40.6 million) turn to agencies and programs in the Feeding America network of food banks each year.
- There are 200 food banks supported by the Feeding America network.
- 13 million older adults age 50+ receive assistance from the Feeding America network each year.
- Approximately one in five children under the age of 18 in the U.S. live in a food-insecure household.
- Nearly nine out of ten (89%) client households with employment report an annual household income of $30,000 or less.

Our Dayton Area Hunger Statistics (2017)*

- Over 23,000 people are served each week by programs supported through The Foodbank.
- 32% of the members of households served by The Foodbank are children under 18 years old.
- 63.5% of clients visited a pantry between 1 and 3 times within a year for emergency food.

Community Impact

- In 2017, over 1,500 weekend backpacks were provided to food-insecure children each week during the school year.
- 3.6 million pounds of fresh produce was distributed in 2017.
- Through more than 130 programs, The Foodbank provides enough emergency food for an estimated 9,208,757 meals annually.

“The Foodbank is such a great organization that touches so many lives! My team is glad to be part of something that truly makes a difference within our community.”

-Karrie Penn, Old Navy Stores
General Manager

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**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 **11 million** pounds of food
- **3.2 million** pounds of this food came from our **local grocery stores**; that’s **35%** of our entire food stock!
- **809,000** pounds of produce was picked up from local stores; an increase of **15%** from just last year!

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.

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

*Feeding America 2017*
HOW CAN YOU HELP?

Raise Goods

- The Foodbank distributes over **11 million** pounds of food annually.
- Organize a food drive to raise non-perishable items to donate to the Foodbank.
- Get your entire organization, school, or group involved! See the Activities pages for ideas.

Raise Funds

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

Raise Awareness

- **40.6 million Americans** go hungry or are at-risk for hunger every year. The Foodbank works to feed the 123,910 people who are food insecure in Montgomery, Greene, and Preble counties, including 36,650 children. 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.
- See the Activities page for awareness-raising ideas.

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CONNECT AND SHARE

Social Media is a great tool to help get the word out and ensure your project’s success. Connect with The Foodbank on:

- Instagram
- Facebook
- Twitter
- YouTube

Steps for Publicizing on Social Media: Tag The Foodbank in all promotions. Use #hungrytohelp & your organization’s #hashtag.

1. **Promote upcoming activities**
   Be sure to include date, time, and location. Create a Facebook event to share!
   
   *Example:* Join us tomorrow for [our activity] to support The Foodbank!

2. **Explain why you’re involved** (See “Did You Know” factsheet)
   
   *Example:* We support The Foodbank because 32% 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 Facebook, Twitter, Instagram, or YouTube. Encourage others to Like and Share!

4. **Challenge Peers**
   
   *Example:* We’re fighting hunger with The Foodbank! Want to join our team?
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 1,500 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!

FOODstuction 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 for 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 (aka our “Agency Partners)! 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

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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.

We also have forty raised bed urban gardens here at The Foodbank. Gather your team and come help plant seeds, harvest vegetables, clean up, and many other engaging activities.

See www.almanac.com/vegetable-garden-planning-for-beginners for tips and ideas.

**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. Remember: every $1 = 4 meals!

**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 Pasta Wednesdays, Tomato 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 Payroll deduction. Use incentives (i.e. an extra day off) to increase participation.

*Donation Barrel needed. Contact The Foodbank to arrange a pickup and drop-off.

“Volunteering our time and contributing our resources to The Foodbank allows us to not just identify debilitating problems in our community but to become a part of the solution. Not only that, while conducting volunteer events at this much needed and intensely worthwhile cause, we always have an incredibly enjoyable time.”

- Joe Lamb, Senior Minister
4Life Ministry

"Shoot For The Stars"

Good-to-Go Backpack notecard
FOOD DRIVE NEEDS

When planning your food drive, all non-perishable foods can be donated. 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

**Dairy Group**
- Evaporated milk
- Powdered milk
- Puddings & custards

**Meat/High Protein Group**
- Canned meats: ham, chicken, meat spreads
- Canned fish including tuna, salmon, sardines, other fish
- Nuts and seeds
- Rice and Beans

**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

**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: These 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

Use this template below to start your own canned food drive!

Did you know that more than **25,000 meals** are distributed to food insecure families every day 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](http://thefoodbankdayton.org) or [facebook.com/thefoodbank](http://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?

YOU are a Hunger Hero!

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