

FOOD & CASH DRIVE GUIDE

EMERGENCY FOODSHELF NETWORK



Innovative. Nutritious. Local.

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Emergency Foodshelf Network is an innovative food bank dedicated to serving the hunger needs in our changing communities.

WHAT IS HUNGER?

Did you know 1 in 10 Minnesotans goes to bed hungry? You can help!

- Hunger, also known as food insecurity, is a household-level economics and social condition of limited resources.
- Families who have access at all times to enough food for an active, healthy life are considered food secure.
- Those who have experienced reduced and/or suffer with poor food quality due to insufficient financial resources or access to quality food are considered food insecure.

HUNGER IN MINNESOTA

- Visits to food shelves in Minnesota remain at record high levels—20% higher than one year ago (2010) and have doubled since 2005. The number of visits has tripled since 2000.

FOOD INSECURITY & POOR HEALTH

- Hunger and food insecurity challenge the well being of children, adults, families and communities.
- Pregnant women are more likely to give birth to low-weight babies.
- Children are more likely to have medical and behavioral problems, do poorly in school, require more hospitalizations and are more likely to develop chronic diseases as adults.
- Among the elderly, food insecurity intensifies acute chronic diseases and speeds the onset of degenerative disease, leading to decreased quality of life (1).

HOW CAN YOU HELP?

- Host or participate in a HEALTHY food drive!

WHAT IS A HEALTHY FOOD DRIVE?

- A healthy food drive is the collection of food with the emphasis on foods that are reduced in fat, sugar and sodium. See the Healthy Food Donations suggestions included in this packet.

(1) Curtis, Shelley. Food Insecurity: *Family Problem, Community Challenge*. Northwest Public Health Spring/Summer 2008. pp. 10-11.



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EMERGENCY FOODSHELF NETWORK

WHO WE ARE

Emergency Foodshelf Network is a full service food bank, providing high quality, nutritious food and support services to over 200 hunger relief partners, including food shelves, on-site meal programs, and Fare For All sites, throughout the state.

The mission of Emergency Foodshelf Network is to be an innovative food bank dedicated to serving the hunger needs in our changing communities.

WHY WE NEED YOU

Donations from the community help Emergency Foodshelf Network keep the shelves of our agency partners stocked. Food donations small and large are valuable and make a difference to a food shelf. No donation is too small and no food drive is too small. Every donation helps!

IMPACT YOU HAVE

Food drives brought in 836,576 pounds of food last year, all which is distributed to our partners free!



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FOOD AND CASH DRIVES STEP BY STEP

Coordinating a food and cash drive is easy and fun! Emergency Foodshelf Network staff and volunteers will help you organize your drive and support you every step of the way.

STEP #1: RECRUITMENT

- Find a core group of people who can help coordinate and promote the drive.
- Determine the strategy and theme with your core group.
- Identify a primary and secondary contact person.
- Come up with ways to promote the drive. Can't think of anything. Don't worry, we'll share ideas!
- Determine a goal of pounds and dollars collected. Decide how many collection containers you will need to request.
 - EFN can drop off and pick up food collection containers for fundraisers with a goal of 250 pounds or more. Completing delivery yourself for smaller drives helps EFN save operating expenses.
 - One barrel holds roughly 10-12 grocery bags (approximately 125-150 items) and the totes hold about 50 grocery bags.
 - Delivery of collection containers can take place Monday through Friday.
- Engage your organization's leadership in promoting and supporting the drive.

STEP #2: SCHEDULE YOUR DRIVE

- Go online to www.emergencyfoodshelf.org to complete the online food drive application form.
- Once submitted, the food drive coordinator will follow up to confirm number of barrels or totes, drop-off and delivery dates and times and contact information.

STEP #3: PROMOTE

- Give your audience direction. Promoting specific donations will help donors in giving quality foods that are in high demand. Use the Healthy Food Drive Suggestions sheet to guide donations.
- Please avoid collecting food in glass containers, as they can break during transportation.

STEP #4: REPORT RESULTS

- Donors want to know their impact. Follow-up with the food drive coordinator once your drive is complete and all collection containers have been picked up or delivered to EFN.
- Provide donors with the total pounds and dollars collected.



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HEALTHY FOOD DONATIONS

Please help your local food shelf improve the quality of the food it distributes by donating the following healthy items.

VEGETABLES

- Canned veggies, low salt or no salt added
- Low sodium pasta sauce
- Low sodium tomato paste
- Low sodium diced tomatoes
- Low sodium veggie juices
- Canned white or sweet potatoes
- Salsa

FRUITS

- Canned fruit in light syrup or own juices
- Applesauce, no sugar added
- Dried fruits, raisins and cranberries
- 100% fruit juices
- Low sugar fruit spreads

GRAINS (FIRST INGREDIENT SHOULD BE "WHOLE" GRAIN, CORN, WHEAT)

- Brown rice or wild rice
- Whole grain pasta
- Whole grain cereals
- Whole grain muffin and pancake mixes
- Old fashioned oats or low sugar oatmeal packets
- Whole grain crackers
- Granola bars
- Whole grain animal crackers or graham crackers
- Low fat, whole grain muffins and cookies
- Trans fat free tortillas

POULTRY/FISH/BEANS/NUTS

- Canned chunk light tuna or chicken packed in water
- Other shelf stable meats, low sodium
- Canned or dried beans
- Low sodium broth or bean soups
- Unsalted nuts
- Peanut butter

DAIRY

- Powdered milk
- Shelf stable milk or milk alternatives such as rice and soy milk
- Fat free pudding
- Shelf stable cheeses

SPICES/COOKING OILS

- Olive oil
- Canola oil
- Vegetable oil
- Basil
- Oregano
- Thyme
- Onion
- Garlic
- Pepper
- Cinnamon
- Chili powder
- Rosemary
- Sage
- Parsley



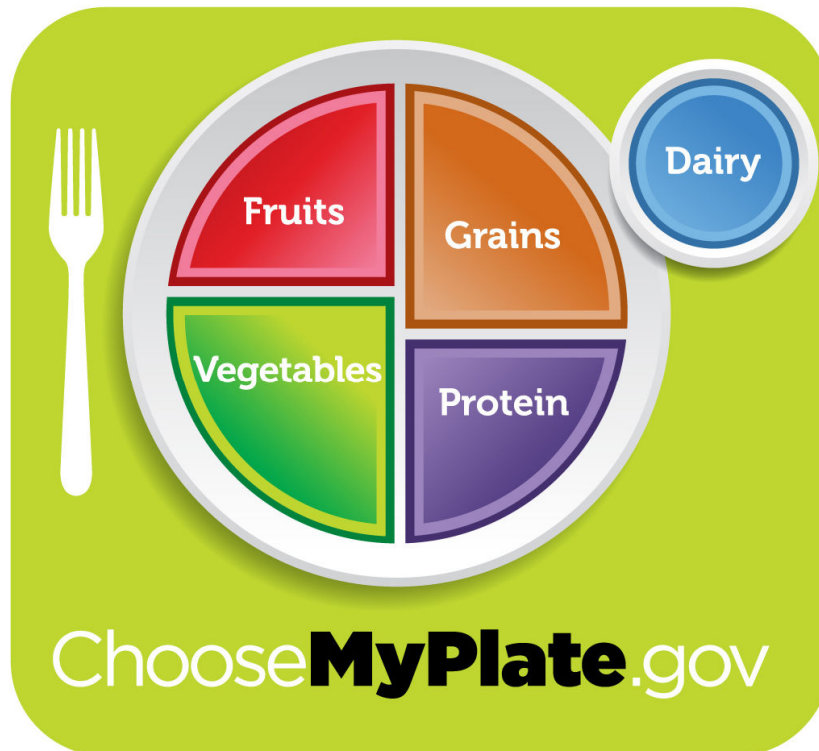
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MY PLATE

Build a healthy plate! Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.

- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.
- Keep your food safe to eat—learn more at www.FoodSafety.gov.



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