

## **Catholic Charities Food Resource Centers**

### **Tips for Planning a Food Drive**

**Hunger never takes a vacation, it is with us year round - you can make a huge impact *anytime* by conducting a food drive. It's simple and easy. Whether you want to hold a drive in your neighborhood, church, business, office, or school, we'll help you with the right materials.**

**At Catholic Charities, our community forms the backbone of our organization. With the help of the food and hospitality industries, businesses, parishes, organizations and individuals, we are making a difference in lives of children, families, seniors and the homeless.**

#### **Facts:**

- Catholic Charities Food Resource Centers serves more than 78,000 families, individuals, children and seniors.
- To date this year, Catholic Charities has provided more than 30, 000 bags of groceries per month at four Food Resource Centers.
- More than 900 senior clients per week receive meals from Catholic Charities Senior Nutrition Program and more than 48,000 meals are delivered during the year.

#### **Getting Started**

- Set a specific start and finish date for the drive.
- Have a central drop-off location for collections to make it easier for you to keep track of your food drive.
- After you have completed your food drive, call Food Resource Centers Program Director, Caroline Wessel at 619-231-2828 ext 232, to arrange for a food pick up.
- Set goals to give participants something to work toward and create a benchmark for success. For example, the goal could be to collect your weight in food.

#### **Food Drive Promotion**

- Company newsletters and e-mail memos, notices on break room bulletin boards.
- Community and church bulletins and bulletin boards.
- Posters and flyers in local grocery stores, school folders or paychecks.
- Community calendars on TV or radio stations or in local newspapers.
- Sharing your plan with Catholic Charities and we can keep the media informed of your food drive's progress. We can also post the info about your food drive on our website.
- Food drives are a great way to educate the community about hunger, nutrition, economics, and volunteerism.

#### **Be Creative**

- You can make your food drive more successful if you have a theme or creative way to attract participants.
- Decorate collection boxes according to your theme.
- Encourage competition and offer a free lunch to the winners.

- Hold drawings for a day off with restaurant gift certificates, spa treatments, etc.

### **Have a “Virtual” Food Drive**

- Have an "empty your pockets" day (or week) and collect all the pennies, nickels, dimes, and quarters from everyone in the office. (Catholic Charities can provide a canister, if desired)
- Collect “Pennies from Heaven” for Operation Angel Food to purchase snacks for preschool children.
- Collect money in soup cans to purchase soup or in baby bottles to buy baby food and formula.
- Have a "jeans day" and pitch in \$5 for the privilege.
- Encourage employees to write a check in memory or honor of a special person.
- Host a silent auction, used book sale, bake sale, cake walk.
- Have a potluck lunch and charge \$3 (or \$5) per person.
- Most of all, have fun!!!

### **Most Needed Food Drive Items**

#### Baby Food

Formula, Cereals, Fruits and Vegetables

#### Canned Meats and Protein

Tuna, Chicken, Spam, Meat Spreads, Beans & Franks and Peanut Butter

#### Canned Vegetables

Beans, Spinach, Green Beans, Carrots, Corn, Peas, Potatoes

#### Canned Fruits

Peaches, Pears, Fruit Cocktail, Apple Sauce

#### Canned Stews, Soups and Sauces

Chili, Beef Stew, Spaghetti Sauce, Ravioli, Chicken Noodle or Vegetable Beef Soup

#### Grains and Pasta

Boxed Cereals, Oatmeal, Macaroni and Cheese, Pasta, Rice, Dried Beans

#### Beverages (non refrigerated)

Dry or Evaporated Milk, 100% Juice, Bottled Water

