

"Feed the 5000 Challenge"



**A complete how-to guide on
organizing a successful Food and
Fund Drive at your school**

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Food & Fund Drive



Steps for Running your Food or Fund Drive

1. **Set a goal.**

We highly recommend that you set a goal for your food and fund drive. Setting a target allows you to build momentum for the food drive. The goal can be based on the amount raised last year, or on the number of participants.

2. **Register your food drive.**

If you haven't registered your food drive yet, please complete the form included with this packet and mail it or email it to us. You can also fill out the registration form on our website, at www.eternalfoodbank.org. Someone at the food bank will contact you to plan further details of your food drive.

3. **Get food boxes.**

Printing paper boxes works really well for Food Drives. If your school's office doesn't have enough available, go to local copy/print shops and ask for the boxes. They are sturdy and still manageable when filled with food, plus you can have fun and decorate them.

4. **Promote the food drive.**

Encourage people at your school to participate and keep everyone

updated on the food drives progress. Try to announce the dates to the students, teachers and staff early. Putting up posters with your school goal in main entrances or popular gathering locations will also help increase awareness. You can also send home flyers with students about the food drive or try to include information in your school's daily bulletin or morning announcements. See the Ideas page for more creative ways to make your drive a success.

Set up a central location

Try to collect food at a central location throughout your drive. This will make it easier to load your food at the completion of the drive.

5. **Get the food to us.**

Arrange to have the food dropped off by someone at your school, or ensure that arrangements are made with us to come pick it up.

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Ideas for your Food or Fund Drive

- Provide competitions and awards for the classroom, class (i.e. 4th grade vs. 5th grade), club, gender, student, etc. that donates the most.
- Set up a committee to help run the drive.
- Develop a name or theme for your Food and Fund Drive, or host a contest for students to submit themes.
- Provide students, teachers, and staff with data on the hunger situation in our area and information about the Food Bank.
- Decorate or ask students to decorate collection boxes. Get ideas from your theme, a coming holiday, or your school's mascot.
- If you have a holiday dance or event, consider having canned foods as part of the admission.
- Give updates to students on how your school is doing and how close it is from the goal.
- If your school decides to raise money for the food bank, you can do bake sales, car washes, and rummage sales as well.
- At sporting events, ask for canned foods as part of admission or ask the different teams to compete for most donations.
- See if teachers will give extra credit or awards for students who donate a lot of food.

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Food & Fund Drive

Most Needed Food Items

Foods EFB Needs:

- Peanut Butter
- Cereal
- Tuna
- Beans
- Rice
- Macaroni and Cheese
- Chili
- Canned Soups
- Canned Luncheon Meats
- Full Meals in a Can
- "Pull Top" Food Items

Products We Can't Use:

- Home-canned or Homemade Goods
- Rusty or Unlabeled Cans
- Alcoholic Beverages, Mixes or Soda
- Open or Used Items
- Glass Containers, they may break
- Baby Food that is in jars
- Food After its Expiration Date

Why Food and Funds Both Matter:

Donating food provides a direct connection between the donor and the needy person that receives the food. But cash donations make transportation of donated food possible. Cash keeps our warehouse running smoothly and our trucks on the road.



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Food & Fund Drive

Registration Form

School name: _____ # of Employees/Members: _____

Type of Organization/Business: _____ Contact _____ Name: _____

Address: _____ City, _____ State, _____ Zip: _____

Phone: _____ Fax: _____ Email: _____

Other Info: _____

Proposed Special Event/Food and Fund Drive: _____

(1) Date: _____

(2) Time: _____

(3) Location: _____

Briefly describe the proposed special event or food and fund drive:

Briefly describe the plan for marketing the proposed special event or food drive:

Anticipated benefit to Eternal Food Bank:

Signature _____ Date _____

Please return completed registration form to:
Eternal Food Bank.
www.eternalfoodbank.org

By submitting the signed application or other written notice, you agree that all resources collected are for the sole benefit of Eternal Food Bank.

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Curriculum Guide for Grades K-5

Key Messages About Hunger

Everyone needs nutritious food to learn and grow, but not everyone in our area can afford enough food to live a healthy life. Students can help make sure that everyone gets enough food by caring about other people and by donating food.

General Discussion

In discussions with younger children, we recommend focusing on why food is an important element in making our bodies healthy and strong. Students may also be able to discuss how foods make them feel good, and talk about how the right foods help them to grow and learn. At the end of this discussion, teachers may tell students that not everyone has enough food to eat, usually because they don't have enough money to pay for all of their expenses. Let students know that donating food is a good way to help make sure that people in West Houston have enough to eat.

Art

- Use the enclosed worksheets to have students draw a picture, make a collage, or write a paragraph in on one of the following topics:

My Favorite Foods

My Thanksgiving Wish for Everyone in west Houston

"I can help others by..."

Foods we need to live and grow

- Have students bring their art home as a reminder to bring in food donations.
- Display artwork near your school's food drive barrels to promote the food drive.

Language Arts

- Have students complete the enclosed Thanksgiving Food Drive word search to become familiar with words relating to hunger.
- Have students write a fictional story about someone their age who doesn't have enough food to eat. How does that person feel? What are some ways that person might get food?

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Science and Nutrition

- Discuss how people need different types of food from all the different food groups in order to stay healthy. Have students identify different types of food from different food groups, and how they help us stay healthy.
 - 👉👉 Meat Group foods build strong muscles.
 - 👉👉 Milk Group foods build strong bones and teeth.
 - 👉👉 Vegetable Group foods help keep you from getting sick, and help your eyesight.
 - 👉👉 Fruit Group foods help heal cuts and bruises, and boost your immune system.
 - 👉👉 Grain Group foods give us energy.
- Make a Food puzzle by cutting the Food Guide Pyramid diagram into pieces and ask students to find the right pieces to put the complete puzzle together. Food Guide Pyramid can be downloaded from the USDA Center for Nutrition Policy and Promotion-- www.usda.gov/cnpp/

Recommended Sites for Related Information

- www.DMfoodbank.org -- \$SDFKH -XQFWLRO Food Bank
- www.secondharvest.org -- America's Second Harvest Network
- www.kidscanmakeadifference.org -- additional information on hunger issues, ways to help and recommended classroom activities
- www.fns.usda.gov/fns/ -- the US Department of Agriculture Food and Nutrition Service site with information on food stamps, and other related programs.

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Eternal Food Bank Schools

Word Search

G E C Y P C Y O R F C X E E I
D J V A T J J E S A F Y M T B
E I S I U I E Q N A P H P A E
E T S O R T N N W F E A L C A
A N Y A N D E G A S A V O U N
H Y E U B D D M I Y N N Y D S
P O L R S L I O L D U O E E F
X O O O G L E R O I T I D C X
V W U S I Y E D H F B T A Q B
L P Q E I D E P O H U I N W N
S B S L L U E I P Y T R U I C
E S E E H C N C A M T T T H X
C H I L D R E N I M E U M Z Q
D O N A T E Z G Y R R N A I A
H E M C X D P S S E L E M O H

People Who Suffer from Hunger:

Children
Disabled
Elderly
Employed
Families
Homeless

Healthy Food Provides:

Nutrition
Energy
Hope
Dignity

How You Can Help:

Food Drive
Volunteer
Donate
Educate

Most Wanted Food Items:

Beans, Canned Soups, Mac n Cheese, Pasta, Tuna, Peanut Butter, Rice

Materials Adapted from Apache Junction Food Bank

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Help Feed a Neighbor

Eternal Food Bank Schools Food Drive

Draw your family enjoying a meal together.



Remember to Bring your
Donations!

- Peanut butter • Canned Stews • Canned Soups • Chili
- Tuna • Canned Luncheon Meats • "Pop Top" food items
- Rice • Beans • Pasta • Macaroni and Cheese