



Healthy **Food Drive** Toolkit

How to plan a healthy food drive and help end hunger in our community

Why Have a Healthy Food Drive?

Lancaster County has over **52,000** food insecure people



That means one in ten people in Lancaster County does not have a steady source of food and cannot eat three meals per day.

Over 13 million **children** live in food-insecure households in the US



20% of all children live in poverty. Overall, 44% of all people who receive SNAP food assistance are children. Getting enough nutritious food is vital for child development, and can have a large impact on success and health later in life.

1 in 7 Americans uses a **food pantry**



Many people make sacrifices to get enough food to eat, including buying cheap inexpensive junk food and avoiding healthcare. People with food insecurity often develop diet-related health problems like diabetes.

Food pantries and food banks often receive unhealthy foods like **high-sodium soups, chips, and soda**



Food pantries may not want to turn away donations or waste free food. Unfortunately, they get donations of almost-expired non-perishable goods, leftovers from people's cabinets, and unhealthy foods.

Hold a Food Drive in 5 Steps

1

Contact Your Local Food Pantry or Central PA Food Bank

Knowing which place to donate can help you plan your drive. You will need to find out your food pantry's needs to help them feed people right.

You can find a food pantry simply through a web search, or by visiting:

<http://www.feedingamerica.org/find-your-local-foodbank/>.

Central PA Food Bank can be reached at

<http://www.centralpafoodbank.org/Food-Donations/Food-Drive-Registration>.

2

Pick a Point Person

Who is going to run this drive? It is important to pick a person who has the energy and ability to get the job done. This person can also assess if the effort needs more help, which could mean getting volunteers involved.

3

Pick a Drop-off Location

Where will people go to leave food items? It might be a workplace, a school, a place of worship, or even at an event. This is also a good point to think of ways to promote giving: perhaps if someone donates food, they could get into a high school football game for free.

4

Set a Timeline

When should people drop off food and cash? Decide when the food drive will be open. Make sure someone is free to set it up and to take the food to the pantry at the end. If you want to hold a multi-day food drive, remember that the food should be taken in each day. Count the food to gauge the success of the food drive after setting a goal. Have the person closing down count the cans and bags each day.

5

Advertise With Health in Mind

It is important to spread the word as to why food banks need healthy food. Otherwise, people will just continue to bring junk food! Ask them to bring nutritious foods like dry brown rice, oats, canned fish, nuts, dried beans and lentils, canned fruit in juice or water, and canned low-sodium vegetables and beans.

Top 10 Healthy Foods to Donate

1. Canned tuna
2. Canned chicken
3. Canned fruit in 100% juice
4. Canned low-sodium vegetables
5. Brown rice
6. Whole grain pasta
7. Canned low-sodium beans
8. Dried beans
9. Non-hydrogenated nut butter
10. Low-sodium soup



Give This!



Not That!

Food pantries want healthy foods for their clients.
Help people in need by following these suggestions.



Yes!

Brown
Rice

No!

Creamy
or Salty
Soups



Yes!

Unsalted
Nuts

No!

Junk
Food
or Soda



Yes!

Dry
Beans

No!

Refried
Beans

Why Give Cash?

- Food pantries can buy more in bulk than you can buy with the same amount of money.
- Bulk foods are easier to put in packs and give away.
- Many food pantries accept donations into a specific account used only for food, and not for overhead. 100% of the money will go directly to feeding hungry people.
- Food pantries will buy healthy and appropriate foods and household products for their community.
- Tax benefits apply to money but not to food.



Healthy Food Drive

Dates	Drop-Off Location

Hunger-Free Lancaster County is a coalition of more than 30 non-profit, private, faith-based, government, and grassroots organizations committed to one mission: building a hunger-free Lancaster County by creating a nutritious, accessible and sustainable food system.

This resource was developed by Samuel McMinn (Lancaster General Health), Brenda Buescher (Lancaster General Health), Jennifer Powell (Central Pennsylvania Food Bank), and the Hunger-Free Lancaster Service Committee, with graphic design assistance from Alicia Brooks, Casey Capece, Austin Lord, Lisa Deangelo, and Jessica Edonick (Pennsylvania College of Art & Design).



Join us!

www.hungerfreelancaster.org