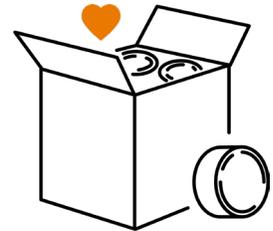


# CONNECTICUT FOOD BANK

## Hosting a Food Drive: Getting Started

### First Things First

Decide when your food drive will be and how long you will be collecting food. We recommend two or three weeks. Consider hosting a virtual food drive to collect financial contributions that help us purchase and distribute more food. Ask us how to get started. It's easy!



### Team Up

If you can, gather together a small group to help you organize the drive.

### Set a Goal

How many potential contributors do you have? How much can you reasonably expect to collect from each donor? Will you collect food, cash, or both?

### Advertise

Make sure people know when and where to bring their food. Send out a company-wide e-mail, design flyers, hang up signs several days in advance, and promote your food drive on social media. Make sure to tag **@CTFoodBank** so we can share it on our channels too.

### The Food

Please be sure to follow some simple rules when collecting food:

- **Collect only non-perishable food items**
- **Do not collect any homemade items**
- **Please keep personal care items (i.e. mouthwash, shampoo, soap) separate from food items**
- **We have attached healthy food donation lists available in English and Spanish**



**IMPORTANT:** No glass, please! Glass items can chip and break.

### How To Deliver Your Collected Food

Plan with your team to transport the food drive proceeds to Connecticut Food Bank's distribution center located at 2 Research Parkway in Wallingford or to one of our member agencies in your community.

### Drop-Off Arrangements

Contact the Community Engagement Team at:  
[communityengagement@ctfoodbank.org](mailto:communityengagement@ctfoodbank.org);  
**203-469-5000 or 203-741-9074 to arrange your drop-off.**



**REMEMBER:** There is no food drive that is too large or too small!

Follow us  
[@CTFoodBank](https://www.instagram.com/CTFoodBank)



For more information, visit  
[ctfoodbank.org](http://ctfoodbank.org) or call 203-469-5000

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# CONNECTICUT FOOD BANK



## Food Drive Ideas

### Competition

Create a competition between classrooms, departments, or floors at your organization. It makes more fun for the students, employees, etc. and people always seem to raise more when there is a rivalry involved. (FYI prizes help too!)

### Theme Food Drives

Pick a theme for your food drive or choose themed days. Designate days of the week for specific foods, i.e. Macaroni Monday, Tuna Tuesday, Wheaties Wednesday, Turkey Thursday, and Fruity Friday.

### Special Events

Food drives combined with other events or promotions are often very successful. For example, a company picnic is a great time to bring food as well as donate food.

### Company Matches

Money can also be collected during a food drive. Encourage your company to match the pounds of food collected by donating a dollar amount per pound of food to the food bank.

### Guess the Baby

We all have at least one embarrassing baby picture buried in our photo albums. Display baby pictures of each employee and have a contest to see who can guess who the babies are! Sell guess sheets for \$5, with the proceeds donated to your local food bank.

### Donate Your Lunch Money

Encourage your group to skip one meal giving what money they would have spent on the skipped meal to the food bank.

### Guessing Game

The simplest version is a large jar filled with virtually any item as long as it takes a lot of them to fill the jar. Candy is a great item. Participants then pay \$1 to guess how many items are in the jar. The closest guess wins the contents of the jar and proceeds are donated to Connecticut Food Bank.

### Rock the Vote

Have employees/students vote with their spare change (or even dollars) for an executive or teacher who will have to complete an agreed upon activity. The individual with the most votes may have to kiss a cow, shave their head, or be hit in the face with a pie. Proceeds are then donated to Connecticut Food Bank.

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# CONNECTICUT FOOD BANK

## About Us

Founded in 1982, Connecticut Food Bank is a member of Feeding America's nationwide network of food banks. We partner with food retailers, growers, financial donors, and volunteers to source food and distribute it through a network of 500 food access points that include community-based pantries, soup kitchens, shelters, and more, as well as our Mobile Pantries, Dairy Express, and Senior Supplemental Food Program. We serve Fairfield, Litchfield, Middlesex, New Haven, New London, and Windham counties, home to 71% of the state's population and to 65% of the state's food insecure. Last year we distributed enough food to prepare more than 23.9 million meals.

## Hunger in Connecticut

Even in a state as wealthy as Connecticut, there is a need for food assistance in EVERY community. For some individuals, it is difficult to make ends meet, despite working one or more jobs. 43% of people in Connecticut who are food insecure earn too much to qualify for federal food assistance and must rely on charitably donated food to help them meet basic needs. Sometimes the difference between a family that uses a community-based food program and one that doesn't is the loss of a job, an illness or an unexpected rise in health care or utilities expenses.

The most recent Hunger In America study conducted by Feeding America surveyed food pantry and soup kitchen clients in Connecticut and revealed that in the previous 12 months:

- **73% had to choose between food or utilities**
- **63% had to choose between food or rent**
- **68% had to choose between food or medical care**

So what can YOU do? Every little bit helps. Five cans of food, \$5, or five hours of your time can make a difference in the life of someone who does not have enough to eat every day. Join us in the fight to alleviate hunger in Connecticut.

Follow us  
@CTFoodBank



For more information, visit  
[ctfoodbank.org](http://ctfoodbank.org) or call 203-469-5000

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# CONNECTICUT FOOD BANK

## Other Ways to Help

### Virtual Food Drive

Our Virtual Food Drive allows you to participate in a community response to help neighbors who are struggling with hunger during the pandemic. We've provided you some suggested giving levels that give an example of how our scale and purchasing power can help buy more of the basics that people are seeking.

Giving through our Virtual Food Drive is easy to do from a computer or phone and allows Connecticut Food Bank to save on resources and procure the most-needed items for people.

Supporting our Virtual Food Drive is easy. Donate on your own or build a team by recruiting, family, friends, neighbors, or business colleagues!

Visit [ctfoodbank.org/virtualfooddrive](https://ctfoodbank.org/virtualfooddrive) to get started today!



### Volunteer

Connecticut Food Bank welcomes individuals and groups that want to help fight hunger in our community. We have lots of opportunities for you to help in our warehouse, office, or at sites throughout our service area. Last year volunteers served 25,079 hours, helping our staff to distribute to our network and through our programs food to provide more 22.5 million meals.



Visit [ctfoodbank.org/volunteer](https://ctfoodbank.org/volunteer) to get yourself or your group registered.

Follow us  
@CTFoodBank



For more information, visit  
[ctfoodbank.org](https://ctfoodbank.org) or call 203-469-5000

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# Healthy Food Donation List



## Fruits

- Fruit canned** in 100% fruit juice or water
- Apple sauce**, unsweetened
- Dried fruit**, such as raisins & prunes
- 100% fruit juice**



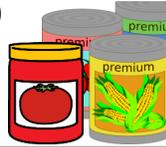
Use the nutrition facts label to determine how much:

- Saturated Fat
- Sodium
- Dietary Fiber
- Sugar

Nutrition Facts / Datos De Nutrición	
Serving Size/Tamaño por Ración 0.5 cup/ 0.5 taza	
Amount Per Serving/Cantidad por Ración	
Calories/Calorías 120	Calories from Fat/Calorías de Grasa 0
% Daily Value*/% Valor Diario*	
Total fat/Grasa Total 0g	0%
Saturated Fat/Grasa Saturada 0g	0%
Trans Fat/Grasa Trans 0g	0%
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 5mg	0%
Total Carbohydrate/Carbohidrato Total 22g	0%
Dietary Fiber/Fibra Dietética 6g	7%
Sugar/Azúcar 1g	23%
Protein/Proteínas 8g	
Vitamin A/Vitamina A 0%	Vitamin C/vitamina C 0%
Calcium/Calcio 6%	Iron/Hierro 10%

## Vegetables

- Canned vegetables**, no salt added (Sodium 140mg or less)
- Canned tomatoes**, no salt added (Sodium 140mg or less)
- Tomato sauce**, no salt added (Sodium 480mg or less, Sugar 8g or less)
- Spaghetti sauce**, low sodium (Sodium 480mg or less, Sugar 8g or less)
- Salsa** (Sodium 140mg or less)



## Whole Grains

- Whole grain** or **whole wheat pasta**
- Brown rice**, **wild rice** or **quinoa**
- Oatmeal** or **whole grain cream of wheat**, unflavored
- Whole grain crackers** (Fiber 3g or more)
- Whole wheat** or **corn tortillas**, non-refrigerated (Fiber 3g or more)
- Whole grain cereal** (Sugar 6g or less, Fiber 3g or more)
- Popcorn** kernels or microwave 94% fat free



## Dairy

- 1% Low fat** or **fat free milk**, shelf-stable (such as Parmalat), dry, evaporated
- Soy milk**, non-refrigerated, unsweetened



## Combination Foods

- Soups, stews** or **chili** (Sodium 480mg or less)
- Broth** or **stock**, unsalted, or low sodium (Sodium 140mg or less)
- Mac & cheese**, whole grain



## Beverages

- Tea bags**
- Coffee**
- Water, seltzer**



## Proteins

- Peanut butter**
- Canned beans, peas, lentils**, no salt added or low sodium (Sodium 140mg or less)
- Dried beans, peas, lentils**
- Canned tuna, salmon, chicken** or **sardines** in water, low sodium
- Nuts** or **seeds**, unsalted



## Condiments & Oils

- Lite salad dressings**
- Vinegar**
- Vegetable, olive, or canola oil**
- Dried herbs and spices**
- 100% fruit spread**



### Helpful Hints:

- Choose pop-top lids
- Check food expiration dates



This institution is an equal opportunity provider.

Inspired by: <https://www1.nyc.gov/assets/doh/downloads/pdf/public/donation-checklist.pdf>

4/11/2017

# Lista de Donaciones de Alimentos Saludables

## Frutas

- Fruta enlatada** en jugo de fruta 100% o agua
- Puré de manzana**, sin azúcar
- Frutas secas**, como pasas y ciruelas
- Jugo de frutas 100%**



Use la etiqueta de información nutricional para determinar cuanto (a):

- Grasa Saturada
- Sodio
- Fibra Dietética
- Azúcar

Nutrition Facts / Datos De Nutrición	
Serving Size/Tamaño por Ración	0.5 cup/0.5 taza
Amount Per Serving/Cantidad por Ración	3.5
Calories/Calorías	120
	Calories from Fat/Calorías de Grasa
	0
	% Daily Value*/% Valor Diario*
Total fat/Grasa Total	0g
Saturated Fat/Grasa Saturada	0g
Trans Fat/Grasa Trans	0g
Cholesterol/Colesterol	0mg
Sodium/Sodio	5mg
Total Carbohydrate/Carbohidrato Total	22g
Dietary Fiber/Fibra Dietética	6g
Sugar/Azúcar	1g
Protein/Proteínas	8g
Vitamin A/Vitamina A	0%
Vitamin C/Vitamina C	0%
Iron/Hierro	10%
Calcium/Calcio	6%

## Vegetales

- Vegetales enlatados**, sin sal añadida (140mg de sodio o menos)
- Tomates enlatados**, sin sal añadida (140mg de sodio o menos)
- Salsa de tomate**, sin sal añadida (480mg de sodio o menos, 8g de azúcar o menos)
- Salsa de espagueti**, (480mg de sodio o menos, 8g de azúcar o menos)
- Salsa** (140mg de sodio o menos)



## Granos Enteros

- Pastas de grano entero o de trigo entero**
- Arroz integral, arroz silvestre o quínoa**
- Avena o crema de trigo de grano entero**, sin sabor
- Galletas de grano entero** (Fibra 3g o más)
- Tortillas de trigo entero o de maíz**, sin refrigerar (fibra 3g o más)
- Cereales de grano entero** (azúcar 6g o menos, fibra 3g o más)
- Palomitas de maíz kernels o de microondas** 94% sin grasa



## Productos Lácteos

- Leche 1% baja en grasa o sin grasa**, estable en los anaqueles (como Parmalat), leche en polvo, evaporada
- Leche de soja**, sin refrigerar, sin azúcar



## Combinación de Alimentos

- Sopas, estofados o chili** (Sodio 480mg o menos)
- Caldo o consomé**, sin sal o bajo en sodio (sodio 140mg o menos)
- Macaroni con queso**, grano entero



## Proteínas

- Mantequilla de maní**
- Habichuelas enlatadas, guisantes, lentejas**, sin sal o bajo en sodio (Sodio 140mg o menos)
- Habichuelas secas, guisantes, lentejas**
- Atún, salmón, sardinas o pollo** enlatado, en agua, bajo en sodio
- Semillas o nueces**, sin sal



## Condimentos y Aceites

- Aderezos bajos en grasa para ensaladas**
- Vinagre**
- Aceite vegetal, de oliva o de canola**
- Especias y hierbas secas**
- Jalea de frutas 100%**



## Bebidas

- Te**
- Café**
- Agua, agua carbonatada (seltzer)**



### Consejos útiles:

- Eliga tapas pop-top
- Asegúrese de leer las fechas de expiración de los alimentos