

## Healthy Food Drive Toolkit

### Email Template

From: Organizational or business manager/leader

To: Employees

Subject: Upcoming Healthy Food Drive



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Good afternoon/evening,

(Insert organization's name) is dedicated towards alleviating hunger in our local community. Over the next (x amount of weeks) we are conducting a healthy food drive.

Many individuals struggling with hunger also face diet-related illnesses like heart disease and diabetes. So when donating, please be mindful of the recipients' health and well-being.

#### *Did you know?*

- 1 in 6 Floridians struggle with hunger every day
- 79% of food bank recipients report purchasing unhealthy, inexpensive foods
- 47% of food bank recipients report Fair or Poor health
- Over 1/2 of food bank recipients have High Blood Pressure & 1/3 of food bank recipients are Diabetic

Attached is a list of healthy food items that food banks and pantries are in need of. Use this as a guide when shopping through your own pantry and when at the store.

(Attach healthy foods to Donate flyer)

#### **Please drop off your items at:**

- **Location**
- **Date**
- **Times**

Thank you for your contribution. And remember to donate healthy!



*Developed by Ila Jones— Healthy Eating Work Team*



# Food Drive Details

**Date:**

**Time:**

**Location:**

**Contact info:**

## Successful Food Drive Tips

- ◇ Buy One, Give One for all BOGOS
- ◇ Set an attainable food donation goal
- ◇ Establish a food drive committee
- ◇ Promote & Spread the Word (E-mail, posters, social media)
- ◇ Volunteer as a group at the food pantry receiving your donations

**Thank you for your generosity towards  
fighting hunger!**





# Healthy Foods to Donate

## Grains

- ◇ Whole grain bread
  - \*Whole wheat flour is 1<sup>st</sup> ingredient
- ◇ Whole grain cereal
  - \*3g+ fiber
- ◇ Rolled oatmeal, grits & hot cereal
- ◇ Low-fat granola bars
- ◇ Whole wheat and veggie pasta
- ◇ Brown or wild rice, quinoa & couscous
- ◇ Whole wheat & multigrain crackers/pretzels

## Fruits & Vegetables

- ◇ Low or no sodium canned vegetables & beans
- ◇ Canned fruit & fruit cups in water or in natural juices
- ◇ No-sugar-added/natural applesauce
- ◇ 100% fruit or low sodium vegetable juice
- ◇ Dried fruits

## Meats & Proteins

- ◇ Low-sodium canned chicken, tuna and other seafood in water
- ◇ Low-sodium beef stew, chili or bean soup
- ◇ Reduced sodium peanut butter
- ◇ Unsalted nuts and seeds

## Dairy

- ◇ Powdered milk
- ◇ Shelf stable regular, soy, almond or rice milk
- ◇ Fat-free pudding cups

## Other

- ◇ Bottled water
- ◇ Low-sodium, shelf-stable pasta sauces
- ◇ Low-sodium chicken and beef broth
- ◇ Extra virgin olive and canola oil



**Be mindful of  
the recipients'  
health &  
wellness**



Thank you for your support  
against hunger

for you, for them



Improve the health of your  
fellow community  
members



Developed by Ila Jones— Healthy Eating Work Team

(Insert your Organization's  
name here)

(Insert Logo)

(Insert org's vision & mission  
statement/guiding principles)

(Insert Contact information)

**Healthy Giving**  
=  
**Healthy Living!**



Take the better step in  
eliminating hunger  
**Donate healthy  
today!**

# Hunger Facts

## Do you know where your next meal will come from?

Many Americans are living in a food insecure home, where they are uncertain whether they will have access to nutritious food.

- **1 in 6** Floridians struggle with hunger every day
- In Hillsborough county **16.5%** of households are food insecure
- **48.9 million** Americans live in food insecure households
- **15.8 million** children live in food insecure households
- **79%** of food bank recipients report purchasing **unhealthy, inexpensive** foods



FOR 1 IN 6 AMERICANS, HUNGER IS A REALITY.

Photo retrieved from: <http://www.takepart.com/photos/united-states-hungry/the-odds-are-slim>

## HUNGER & HEALTH



Food insecure individuals often face diet related illnesses stemming from chronic hunger.

- Over **1/2** of food bank recipients have **High Blood Pressure**
- **1/3** of food bank recipients are **Diabetic**
- **47%** of food bank recipients report **Fair or Poor Health**

Our obesity epidemic coexists within food insecure individuals

### Hunger-Obesity Paradox



- Calorie-dense & cheap foods
- Food quantity over quality
- Lack of consistent food access
- Overeating & stress

### What food insecurity sounds like:

- “I worry that my food will run out”
- “The food I buy doesn’t last”
- “I can’t afford to eat balanced meals”
- “I sometimes cut the size of my meals”
- “I sometimes have to trade food for utilities, medicine, rent & other necessities”

Retrieved from: <http://help.feedingamerica.org/HungerInAmerica/hunger-in-america-2014-summary.pdf>

\*Tear out & use this list as a guide

## Healthy foods to give

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Retrieved from: [www.uwcm.org/main/doc/HealthyFoodWk\\_ItemsToDonate.pdf](http://www.uwcm.org/main/doc/HealthyFoodWk_ItemsToDonate.pdf)