

Healthy Food Drive Tool Kit

NC 4-H Youth Development



One person
CAN
make a
difference



HUNGRY TO HELP

Hunger is a problem hiding “in plain sight” in North Carolina. Every-day hunger disrupts the lives of 1 in 5 children in North Carolina. Whether it involves skipping meals, eating less than is needed to live a healthy life, or making due with foods that are filling but not nutritious, hunger’s effects can be devastating.

Join North Carolina Cooperative Extension’s 4-H Youth Development Program as we lead the way in combating hunger across North Carolina.

YOUth CAN Transform Communities



Healthy Food Drive Tool-Kit Index

Enclosed is a Healthy Food Drive Tool-Kit. This tool-kit was created as a social response to hunger awareness in North Carolina. It provides an easy to use resource for your Extension and non-Extension food drive efforts and for those whom your food collection will serve.

Enclosed are:



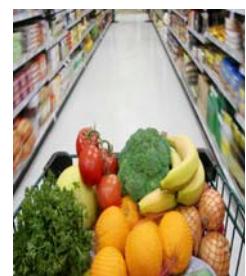
Hunger in North Carolina: Statistics on Food Insecurity in North Carolina

- What is Hunger?
- NC fact sheet on food insecurity.
- NC Food Banks by region with county affiliations.



Suggested Healthy Food Donations & Food Pyramid

- A listing of suggested healthy foods that can be distributed to those participating in your food drive.
- The Food Pyramid is a United States Department of Agriculture (USDA) guideline for the types and portions of food types that should be consumed daily in a healthy diet.



Food & Fund Drive Check-List: How to Conduct a Food Drive in Your Community

- Food and Fund check list.
- How to add energy to your food and fund drives.
- Sample Food Drive themes.
- NC Food Bank Direct Contact Information Sheet.
- NC Association of Feeding America Map.
- *Innovative Food Projects: Thinking Outside the "Can."*



Healthy Food Drive Evaluation and Marketing Materials

- The Healthy Food Drive Evaluation is a tool that will provide feedback on how well this guide works. Please complete the evaluation (hard-copy or electronic format) and return it to your local 4-H Agent, when you have completed your food drive.
- *Hungry to Help* Logo.
- NC Food Bank Logos.
- 4-H Clover Logo.



What is HUNGER?

Did you know? 1-in-5 children in North Carolina lives in a household that is forced to reduce food intake, alter normal eating patterns, or go hungry because they lack the money or resources to obtain adequate food.

- That could mean that over 48,000 4-H'ers are HUNGRY right now!

What is Hunger?

- Hunger, also known as food insecurity, is a household-level economics and social condition of limited resources.
- Families who have access at all times to enough food for an active, healthy life are considered food secure.
- Those who experience reduced and / or suffer with poor food quality due to insufficient financial resources or access to quality food are considered food insecure.

Food Insecurity & Poor Health

- Hunger and food insecurity challenge the well being of children, adults, families and communities.
- Pregnant women are more likely to give birth to low-weight babies.
- Children are more likely to have medical and behavioral problems, do poorly in school, require more hospitalizations and are more likely to develop chronic diseases as adults.
- Among the elderly, food insecurity intensifies acute chronic diseases and speeds the onset of degenerative disease, leading to decreased quality of life(1).

Obesity & Food Insecurity

- Research has shown a direct correlation between food insecure households and obesity. Some research shows that trade-off's are often made between food quality and food quantity; when financial resources are stretched, families buy less expensive, less nutritious foods which are often higher in sugar and fat.
- Obesity is also proposed as a result of cyclic access to food supplies. When financial resources become available such as the beginning of the month, family members may overeat and binge to compensate for when food was unavailable.
- Research also shows that obesity rates are higher in areas that have lower property values. Low income demographic areas typically have limited access to grocery stores with fresh, affordable produce and other nutritional foods.

How Can YOU Help?

- Please consider hosting and / or participating in a healthy food drive (virtual or real).

What is a Healthy Food Drive?

- A healthy food drive is the collection of canned / preserved food with the emphasis on the collection of foods that are reduced in fat, sugar and sodium. Examples of healthy food items include: canned meats (especially tuna in water), canned fruit in light syrup, no sugar added apple sauce, dried fruits, 100% juice drinks, peanut butter, low sodium soups, granola bars, whole grain cereals, no salt added vegetables, and whole wheat pastas. Emphasis should be on collecting healthy foods that can be prepared in kitchens with modest preparation equipment.

(1) Curtis, Shelley. Food Insecurity: Family Problem. Community Challenge, Northwest Public Health Spring/Summer 2008. pp. 10-11.



Hunger in NC Statistics & Important Information

A new report by the USDA (<http://www.ers.usda.gov/Publications/ERR83/ERR83.pdf>) shows that food insecurity - the inability to provide enough food for a household - is at an all time high in the United States.

In North Carolina, the situation is even worse, with the Tar Heel state tied for the fastest-growing rate of food insecurity in the U.S. An astonishing 49 million Americans lacked dependable access to adequate food in 2008. Nearly 17 million children are in families in which food runs short, and almost 1.1 million children are sometimes outright hungry. Nationwide, 12.2 percent of families experience low or very low food security.

North Carolina's rate of food insecurity is well above the national average, with 13.7 percent of North Carolina households - about one in seven - experiencing low or very low food security.

North Carolina's food insecurity rates are also growing as fast as any other state. From 1996-2008, the report shows, North Carolina's rates of food insecurity grew 3.9 percent. This ties the state with Maine and Missouri for the fastest-growing rate.

The Feeding America food banks in NC cover all 100 of the state's counties and provide food assistance for an estimated 1,434,700 different people annually.

- Approximately 170,200 different people receive emergency food assistance in any given week. This is the equivalent to the entire current enrollment of all 16 colleges and universities that make up the University of North Carolina System, plus the entire student body at Wake Forest, Duke and Davidson.
- Among those served by our state's food banks, 30% of all household members are children under the age of 18 and over 16% are senior citizens.
- The majority of adults served by North Carolina's Feeding America food banks' are women (62%).
- 33% of all households served by our state's food banks had one or more adults working.
- The face of clients served by our state's food banks are diverse. Of all adult clients, 28% are white, 60% African American and 7% are Hispanic.
- Reflecting the still growing unemployment crisis, 16% of adults seeking emergency food assistance have been unemployed for less than 6 months and 12% of adults seeking emergency food assistance have been unemployed for 1-2 years.
- Clients households seeking emergency food assistance are forced to make choices between food and:
 - ◊ Other basic necessities including utilities or heating fuel (42%)
 - ◊ Rent or mortgage (35%)
 - ◊ Transportation (38%)
 - ◊ Medicine or medical care (38%)

Volunteers are the lifeline of the NC Feeding America food bank's network. Approximatley, 68% of food pantries and 39% of soup kitchens rely soley on volunteers with no paid staff.

Feeding America NC Food Banks by Region

Second Harvest Food Bank of Northwest NC

Alamance	Alexander
Alleghany	Ashe
Caswell	Caldwell
Davidson	Davie
Forsyth	Guilford
Iredell	Randolph
Rockingham	Stokes
Surry	Watauga
Wilkes	Yadkin

Second Harvest Food Bank of Metrolina

Anson	Burke
Cabarrus	Catawba
Cleveland	Gaston
Iredell	Lincoln
Mecklenburg	Montgomery
Rowan	Rutherford
Stanly	Union

Second Harvest Bank of Southeast NC

Bladen	Cumberland
Duplin	Harnett
Hoke	Robeson
Sampson	

MANNA Food Bank

Avery	Buncombe
Cherokee	Cherokee Res.
Clay	Graham
Haywood	Henderson
Macon	Madison
McDowell	Mitchell
Polk	Swain
Transylvania	Yancey

Food Bank of the Albemarle

Beaufort	Bertie
Camden	Chowan
Currituck	Dare
Gates	Hertford
Hyde	Martin
Northampton	Pasquotank
Perquimans	Tyrrell
Washington	

Food Bank of Central and Eastern NC

Bruswick	Carteret	Chatham	Columbus	Craven
Duplin	Durham	Edgecombe	Franklin	Granville
Greene	Halifax	Johnston	Jones	Lee
Lenior	Moore	Nash	New Hanover	Onslow
Orange	Pamilco	Pender	Person	Pitt
Richmond	Sampson	Scotland	Vance	Wake
Warren	Wayne	Wilson		

*Some counties are serviced by two

Feeding America Food Bank Affiliations.



A member of FEEDING AMERICA



A member of FEEDING AMERICA

Community Resource Chart:

Understanding HUNGER in Your Community

Hunger In North Carolina

 <p>Feeding America is the nation's largest charitable hunger-relief organization: A network of more than 200 member food banks and food-rescue organizations. Serving all 50 states, the District of Columbia, and Puerto Rico. The Feeding America Network secures and distributes nearly 2 billion pounds of donated food and grocery products annually.</p>	NC Association of Feeding America Food Bank Affiliates <p>The NC Association of Feeding America Food Bank members consists of seven food banks in North Carolina serving all 100 counties.</p>	My community's food insecurity data.
Pantries, homeless shelters, and soup kitchens serving 37 million annually	Pantries, homeless shelters, and soup kitchens serving 1,434,700 annually	
79% of those households served have incomes below the federal poverty level	72% of households served have incomes below the federal poverty level	
46% report having to choose between paying for food or paying for utilities or heating fuel	42% report having to choose between paying for food or paying for utilities or heating fuel	
40% report having to choose between paying for food or paying for rent or mortgage	35% report having to choose between paying for food or paying for rent or mortgage	
34% report choosing between paying for food or paying for medicine or medical care	38% report choosing between paying for food or paying for medicine or medical care	
30% of households report having at least one household member in poor health	30% of households report having at least one household member in poor health	
38% of the members of households served have children - 14 million children assisted annually	30% of the members of households serve are children - over 430,000 children assisted annually	
8% of the people served are elderly	16% of the people served are elderly	
10% of the people served are homeless	12% of the people served are homeless	

MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK & BEANS

Suggested Healthy Food Donations



Fruits

- Canned Fruit in light syrup or in own juices
- No sugar added applesauce
- Dried Fruits, raisins
- 100% fruit juice
- Low sugar fruit spreads

Dairy

- Powered milk
- Shelf stable milk or soy milk (in a box)
- Fat free / Sugar free pudding
- "Velveeta" like cheese

Grains

- Brown or wild rice
- Whole grain pastas or noodles
- Whole grain / bran cereals
- Low fat all purpose mixes
- Plain or low sugar oatmeal
- Reduced fat whole grain crackers
- Granola bars
- Low fat graham crackers / animal cookies
- Low fat cookies / muffins
- Trans fat free tortillas

Meat/Poultry/Fish/Beans/Nuts

- Canned tuna (in water)
- Canned chicken
- Packaged, shelf stable, chicken or turkey
- Packaged, shelf stable, fish or seafood
- Canned or dried beans
- Low sodium broth or bean soups
- Low fat, low sodium cream soups
- Unsalted nuts
- Peanut butter

Vegetables

- Low sodium or no-salt added canned vegetables
- Low sodium canned tomato products or juices
- Canned white or sweet potatoes
- Boxed powered or flaked potatoes (no additives)
- Salsa (canned)
- Shelf stable canned pasta sauces, low sodium

Spices

- Olive Oil
- Canola Oil
- Basil
- Cinnamon
- Chili Powder
- Cloves
- Dill weed/seed
- Garlic
- Ginger
- Nutmeg
- Onion
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Pepper

No Glass, please.



“Adopt a Plot” or “Grow an Extra Row”

Food and Fund Drives: Where to Start!

You CAN Organize A Food Drive

- The most important thing to running a food drive is to just DO WHAT YOU CAN. Whatever you are able to collect is food that would not otherwise be available to those who need it. Once you've made the commitment to do a food drive, here are some suggestions to help make your food drive a productive one.

First, the basics:

- Gather together a small group to help you organize the drive (4-H clubs, volunteer leaders, ECA, Extension Advisory Boards, etc.).
- Decide if you will raise food, money or both. Feeding America Food Banks value both contributions.
- Decide what type of drive you want to stage, we strongly encourage each county to use the monthly theme schedule (see attached theme schedule) then, set a reasonable goal.
- Agree on the drive length. Will it be a one-day event, a one-week event or longer? We recommend two to three weeks.
- Choose the drive's location. Will it occur at one place or at several locations?
- Decide on a collection method.
- Contact your local Feeding America Food Bank.



Next, Get Everything Ready:

- Register your food drive (go to your local food bank's web site and register your event).
- Request collection boxes, posters, brochures, donor envelopes and/or any other materials you may need.
- Send out memos, phone messages, newsletters and e-mails to promote the drive. Plan ways to keep up the momentum throughout the food drive.
- Consider arranging a Hunger Awareness Day at the start of or during your drive. Request a speaker from your local Feeding America Food Bank.
- Send reminders / alerts (often).
- Acquire and decorate collection boxes.
- Place collection boxes in convenient and visible areas. Arrange to store them during the drive.
- Visit the *Hungry to Help* web site @ WWW.NC4H.ORG.

During & After Your Food Drive:

- Update participants on the amount of food and funds you've collected through a sign in a high traffic area, announcements in meetings and newsletters, or e-mail.
- Send out creative messages to keep people excited about reaching the goals.
- If you are delivering the food to your local food bank, coordinate volunteers to pack food properly at the end of the drive. Load and transport it to your local food bank, or another drop-off site. Or make arrangements with your local food bank for pickup.
- Share drive results with all participants. Send thank-you letters. Throw a party! Make awards to celebrate efforts. Your local food bank will send you a letter listing the total amount of food and money raised during your event.

Be Creative & Foster Competition

- Make colorful posters noting the specifics of your themed food drive. Include "most-wanted foods" list and facts and figures about hunger.
- Identify your drive with a creative and fun name such as "Gifts from the Heart," "Feed the Need," "Anson Can," etc.
- Designate theme days. Fill a playpen with infant formula on Monday. Plant a "garden" in the lobby with canned vegetables on Tuesday, etc.
- Plan a healthy competition between clubs, departments, classrooms, and teams. Friendly competition adds energy to a drive and helps people remember to donate.
- Assign specific foods from the "Most-Wanted Foods" list to each club or team. Or give a prize to the group that donates a well-balanced collection of foods.
- Encourage monetary donations. A dollar goes a long way to bring food to people in need. It's also easier to store, deliver and count cash.

Make it an Event

- Kick off your drive with opening day festivities. Be fun, informational and inspirational.
- How about a silent auction? Nothing drives up cash donations like the enticement of a massage, airline tickets, or home made items.
- Bake sales, pie-throwing contests and car washes are tried and true food- and fund-raisers.
- Let your imagination run wild and have fun!

Make the Food Drive Fun

- Utilize the themes found on pages 15-17. Competition always creates excitement.
- During the month's of September & October 2010 the *Hungry to Help* Initiative will take center stage. September is "National Hunger Awareness Month" and National 4-H week is October 3-9, 2010. During these two months we encourage counties to implement local food drives and make "hunger" the theme for local programming.



Visit us @ www.nc4h.org



Assemble a Food Drive Team

- You will need: A coordinator (4-H Volunteer Leaders, ECA, Extension Advisory Board Members, 4-H Clubs, etc.); or work unit captains who help distribute information to the community, businesses, industry and other large organizations. Encourage staff to participate and assist with questions and problem-solving; pick up team to collect and weigh or tally donated items (it helps motivate everyone if they know how much has been collected, if this is made known by work unit, floor or other obvious breakdown - and then you can measure progress toward your goals!); and volunteers to make posters to announce the food drive and explain what items are needed, how they will be used, when and where the drive will run.

Virtual Food Drives

- Do you want to host a food drive, but worry about where you will put all those cans? A virtual food drive could be the answer. Each food bank has its own process for Virtual Food Drives (visit your local food bank for more information) but each site can help your groups organize a Virtual Food Drive with fun, point-and-click simplicity similar to online shopping.
- Virtual Food Drive features: No boxes of cans in your lobby! Virtual food drives can be customized with your 4-H clubs names. A virtual food drive link can be distributed throughout your e-mail list and you can track progress in real time.
- Transactions can be completed within minutes * Donors may use any major credit card for payment on a secure site * Donors will receive an e-receipt confirming their donation immediately.

Food Collection

- For many reasons, small to medium-sized boxes (copy paper boxes or smaller) work well for food drives. They aren't too heavy when full and you can decorate them with wrapping or 4-H poster. We encourage you to use boxes for any drive generating less than 200 pounds of food.
- The Feeding America Food Bank's can provide large collection boxes if you plan to raise 200 pounds of food or more. Collection boxes display the Feeding America NC Food Bank's logo. You are welcome to decorate around the logo, but please be careful not to damage it. Please remove your decorations before returning the collection boxes to the local food bank.

- The Feeding America NC Food Bank's can deliver collection boxes to your county food drive site and pick them up at the end of the event. To schedule a delivery or pickup, please fill out and submit a food drive registration form found on your local Feeding America NC Food Bank affiliates web site.

- * Some food bank's give club's /group's their own web page to utilize during collection.

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?
- We encourage food drives of ALL SIZES. For food drives generating less than 200 pounds, we request that you use your own boxes to collect food and that you deliver your donations to your local food bank (see contact sheet for your county contact).

Hungry to Help



Sample Food Drive Themes & Activities

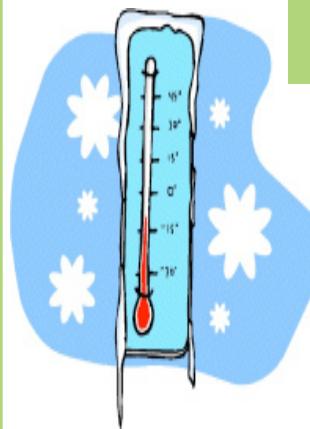
Make your food drive fun. Be creative. Here's a few suggestions for how your 4-H and / or ECA clubs, volunteers, community groups and work teams CAN work together to feed the hungry in your community.



Back to School

Favorite lunch box type

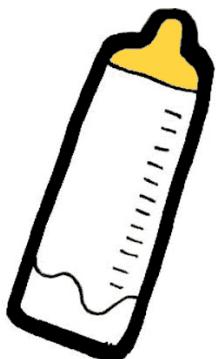
items: Peanut butter, granola bars, juice boxes, raisins, individual snack bags, etc.



Winter Wondercan

Warm foods like:

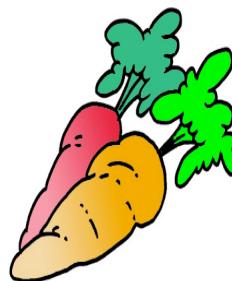
Dry and canned soups, crackers, stuffing, pumpkin, cranberry sauce, canned meats, etc.



Oh Baby!

For the little ones:

Diapers, wipes, formula, infant cereal, prepackaged toddler meals, juice boxes, finger snacks, etc.



Veggie Mania

Eat those veggies:

Canned corn, green beans, peas, white and sweet potatoes, asparagus, black-eyed peas, etc.



Feeling Fruity

An apple a day:

Canned peaches, pears, pineapple, fruit cocktail, applesauce, juices in a can, etc.



Wake-up Call

Get up . . . Get Moving:

Canned coffee, creamer, box cereal, oatmeal, tea bags, pancake / waffle mix, muffins, etc.

YOUth Making a Difference



Sample Food Drive Themes & Activities (Continued)

Make your food drive fun. Be creative. Here's a few suggestions for how your 4-H and / or ECA clubs, volunteers, community groups and work teams CAN work together to feed the hungry in your community.



What's 4 Breakfast

When the stomach is full UR ready to learn:
Box cereal, oatmeal, pop-tarts, granola bars, muffin mix, pancake mix & syrup, 100% fruit juice, cooking oil, etc.



Take a Bite out of Hunger

Chomp, Chomp!

Shake & Bake, Hamburger Helper, rice & beans, Zatarins mix, Riceironi, other main dish packages, etc.



Oodles of Noodles

Pasta & More:
Macaroni & cheese, box noodles, spaghetti, egg noodles, Parmesan cheese, all kinds of sauces, etc.



Dinner's Served

Have a seat:

Canned stew, canned pork & beans, instant potatoes, stuffing mix, all kinds of soups, etc.



Trick or Treat So others CAN eat!

Forget the Candy:
Canned food and other essentials like rolls of TP, paper towels, tooth paste, shampoo, conditioner, etc.



Cino de Mayo

Hola Amigo:

Rice, beans, tortillas, canned tomatoes, canned Mexican style vegetables & sauces, etc.

North Carolina Association of Feeding America Food Bank's: Direct Contact Information Sheet

Second Harvest Food Bank of Northwest NC

Second Harvest Food Bank of Northwest NC, Winston-Salem, NC: Clyde Fitzgerald, Executive Director; (336) 784-5770 ext. 202; cfitzgerald@secondharvest.org; Chuck Harmon, Manager, Food Drives and Salvage Operations; (336) 784-5770 ext. 209; charmon@secondharvest.org

MANNA Food Bank

Manna Food Bank, Asheville, NC: Kitty Schaller, Executive Director; (828) 299-3663 ext. 226; kcschaller@feedingamerica.org

Second Harvest Food Bank of Metrolina

Second Harvest Food Bank of Metrolina, Charlotte, NC: Kay Carter, Executive Director; (704) 375-9639 ext. 16; kcartier@secondharvest.org

Food Bank of the Albemarle

Food Bank of the Albemarle, Elizabeth City, NC: Patty Phillips, Director of Operations; (252) 335-4035 ext. 102; pphillips@feedingamerica.org

Second Harvest Bank of Southeast NC

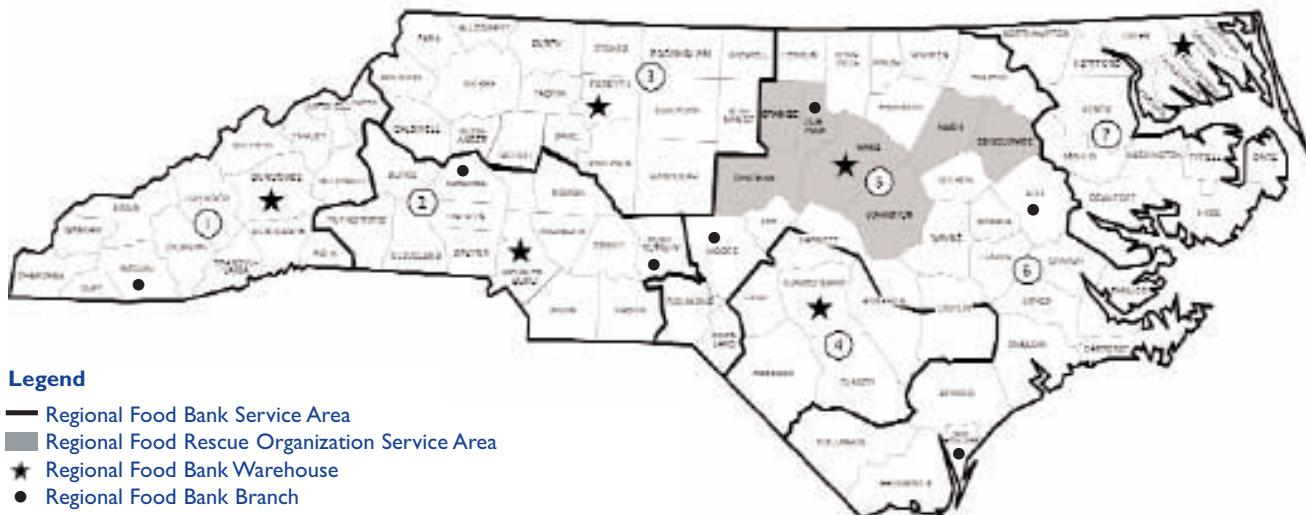
Second Harvest Food Bank of Southeast North Carolina, Fayetteville, NC: Jennifer Wright, (910) 485-8809 ext. 103; Jennifer.wright@ccap-inc.org (primary contact); Gideon Adams, (910) 485-8809 ext. 104; Gideon.adams@ccap-inc.org; David Griffin, Executive Director; (910) 485-8809 ext. 116; david.griffin@ccap-inc.org

Food Bank of Central and Eastern NC

Food Bank of Central and Eastern North Carolina, Raleigh, NC: Lee Cheney, Food Drive / Special Event Manager; (919) 865-3049; lcheney@foodbankcenc.org

North Carolina Association of Feeding America Members

SERVING ALL 100 COUNTIES IN NORTH CAROLINA



① MANNA FoodBank

Asheville - 16 Counties

Distributed 5,923,709 lbs. to 325 agencies*

Executive Director: Kitty Schaller
(828) 299-3663

kcschaller@secondharvest.org

③ Second Harvest Food Bank of Northwest North Carolina

Winston-Salem - 18 Counties

Distributed 8,254,666 lbs. to 382 agencies*

Executive Director: Clyde Fitzgerald
(336) 784-5770

cfitzgerald@secondharvest.org

⑤ Inter-Faith Food Shuttle

Raleigh - 7 Counties

Distributed 5,700,000 lbs. to 219 agencies*

Executive Director: Jill S. Bullard
(919) 250-0043

jbullard@secondharvest.org

② Second Harvest Food Bank of Metrolina

Charlotte - 16 Counties**

Distributed 17,909,006 lbs. to 600 agencies*

Executive Director: Kay Carter
(704) 376-1785

kcartier@secondharvest.org

** Includes Cherokee, Union, York and Lancaster
Counties in SC.

④ Second Harvest Food Bank of Southeast North Carolina

Fayetteville - 7 Counties

Distributed 4,832,000 lbs. to 194 agencies*

Executive Director: David Griffin
(910) 485-8809

davidgriffin@nc.rr.com

⑥ Food Bank of Central & Eastern North Carolina

Raleigh - 34 Counties

Distributed 31,091,536 lbs. to 870 agencies*

President/CEO: Peter Werbicki
(919) 875-0707

pwerbicki@foodbankcenc.org

⑦ Food Bank of the Albemarle

Elizabeth City - 15 Counties

Distributed 3,185,948 lbs. to 92 agencies*

Executive Director: Liz Reasoner
(252) 335-4035

lreasoner@secondharvest.org

North Carolina Association of Feeding America Members

Fast Facts:

- Seven members in North Carolina affiliated with Feeding America.
- Working to alleviate hunger in all 100 counties of North Carolina through a network of more than 2,700 partner agencies.
- Distributed nearly 77 million pounds of food and other grocery products with an estimated wholesale value of \$1.2 billion to these agencies in calendar year 2007.

SHARING THE ABUNDANCE SO NO ONE GOES HUNGRY



3655 Reed Street — Winston-Salem, NC 27107
phone (336) 784-5770 — fax (336) 784-7369
www.hungernwnc.org



Healthy Food Drive Evaluation Hard Copy Form

On-line Evaluation Form @ WWW.NC4H.ORG (click on the Hungry to Help link).

Contact Name: _____

Name of Club/Group/Team: _____

Mailing Address: _____

Email: _____ Phone: _____

County: _____

Date(s) of Healthy Food Drive: _____

Where was food donated: _____

Of the number of items collected how many were healthy items: _____

Number of youth _____ and adults _____ participating in the food drive.

Total Number of pounds of food collected _____.

Number of hours volunteered: Youth _____ Adults _____.

* **If Virtual Food Drive: Amount of money raised _____.**

Please circle your response to the items:

5=Strongly Agree, 4=Agree, 3=Neutral, 2=Disagree, 1=Strongly Disagree, N/A=Not Applicable

1. The material was easy to use. 5 4 3 2 1 N/A

2. The material met my needs. 5 4 3 2 1 N/A

3. The information was useful. 5 4 3 2 1 N/A

4. The amount of information was adequate. 5 4 3 2 1 N/A

5. The support was helpful. 5 4 3 2 1 N/A

6. I would hold a food drive again. 5 4 3 2 1 N/A

Comments/Suggestions:

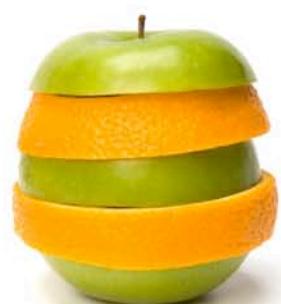
Print Name of Person Completing Form: _____ Date: _____

Please return the evaluation form to your local 4-H Agent after you have completed the healthy food drive.

Thank you for your dedication to addressing the hunger needs of our community.



**1 in 5 children
in NC is STRUGGLING
with Hunger**



Innovative Food Projects: Thinking Outside the “Can”

Seed and Seedling Distribution Program

Help individuals and families grow and harvest their own food through Seed and Seedling Distribution Programs. Community organizations (and individuals) distribute vegetable seeds and seedlings to low-income individuals / families so they can start a backyard garden or bucket garden. Obtaining food through gardening is a viable option for many of our states residents and one that can build skills and confidence, as well as food security. Many places are willing to donate seeds and seedlings for free (don't be afraid to ask), such as local nurseries and greenhouses or organizations like American the Beautiful Fund. Contact nurseries, greenhouses and farms. Many plant outlets are anxious to clear out their inventory in the early summer and have leftover plants that they are glad to donate, rather than seeing them go to waste. You can find a list of plant outlets in your local yellow pages. You may also be able to obtain free seeds if you do not have space for seedlings. The America the Beautiful Fund (ABF) gives away free seeds for vegetables and other plants. The application to request seeds is a simple one-page form. You have to pay for the shipping costs of the seeds. Contact ABF at (202) 638-1649 or <http://www.america-the-beautiful.org>.

Community Gardens

Emergency food providers, community organizations, 4-H clubs, ECA groups, schools and faith communities can develop a community garden and grow fresh fruits and veggies! Produce can be harvested by local community residents and donated to food banks and soup kitchens, where canned items are often standard fare. In addition to providing fresh produce, gardens help unify communities, are therapeutic, and help beautify neighborhoods. Your local office of the North Carolina Cooperative Extension is available to provide technical assistance with regard to starting a garden, finding funding resources, and organizing your local community to be involved in the garden. Visit Extension's Master Gardener Program web site for additional gardening information (www.ces.ncsu.edu/depts/hort/consumer/masgar).

Food Rescue and Gleaning Programs

Did you know that 96 billion pounds of food goes to waste every year in the United States? By rescuing food that would otherwise have gone to waste, food recovery programs can provide nutritious meals to individual in need, protect the environment and save money. Gleaning increases the amount of fresh produce available to low-income people by taking advantage of the farmers' surplus. Community members (4-H clubs, ECA groups, schools, business & industry groups, etc.) harvest the produce that would otherwise go unused from local farms willing to donate their extra fruits and veggies. Food rescue programs also gather fresh and non-perishable foods from restaurants, grocery stores, bakeries, and cafeterias that has not been sold. Each of the 6 North Carolina Food Banks accepts "gleaned" foods. Contact your local Food Bank for specific information on "gleaned" foods. For more information, the USDA has A Citizen's Guide to Food Recovery available @ www.usda.gov/news/pubs/gleaning/content.htm or call USDA at 518.765.2326.

Grow an Extra Row

An excellent method of generating donations of fresh produce is to launch a "Grow an Extra Row" campaign. The Grow an Extra Row campaign encourages gardeners and citizens to grow an extra row of fruits and vegetables for donation to Food Banks (and other community agencies that support low-income families). The food donations are generated through Public Service Announcements on radio stations and in news papers, signs and through appeals to gardening groups.

Food Security Projects

Gleaning

collecting the leftover crops after fields have been harvested for market makes use of produce that may not be of market quality because of irregular size, shape, blemishes, etc. but is good quality produce

- o organizations that glean: St. Andrews Society sponsors organized gleaning and collection efforts http://www.endhunger.org/north_carolina.htm
- o gleaning farms: contact local farmers, who often are happy to allow gleaning
- o urban foraging: contact home owners and community gardens to see if excess fruit and vegetables can be harvested at the end of seasons

Growing

vacant and unused land is abundant in most urban areas and many rural churches, schools, or community centers have space that could be used for growing food

- o plant a row & share your harvest: The National Garden Writers Association organizes donation sites for harvest from your individual or community gardens http://www.gardenwriters.org/gwa.php?p=par/donation_sites.html
- o community gardens: start a community garden. Locate a garden near your food bank or pantry, offer open harvest hours in exchange for work, have all community gardeners donate a percentage of produce, or develop other creative ways to grow for your community.
- o seed packets, planting charts, and companion maps: bundle year-round, one family planting kits, complete with seeds, planting and harvest charts, and companion planting and rotation maps for pick up at your local food bank.
- o seed saving: teach seed saving workshops or make simple comic books illustrating how to save seed from native vegetables and fruits

Eating

using local facilities and traditional knowledge can help people learn how cook food nutritiously and save food when it is in abundance, increasing access to food that might otherwise go to waste and resources that might go unappreciated

- o community kitchens: many churches, extension offices, and small businesses have kitchens that are unused for blocks of time. Organize hours when these spaces can be open to public use for cooking and canning.
- o workshops in food preservation: large quantities of food can be bought cheaply or acquired by donation during seasonal abundance. Teach workshops on drying, canning, freezing during times of plenty and send participants home with preserved product and new knowledge.

Events

public food events are a way to break bread in community, raise money which is the most effective means addressing of emergency services hunger relief, and educate the whole community on current or possible local projects to alleviate hunger

- o chef/farmer community donation dinners: partner chefs and farmers for donate-as-you-can dinners as a way to promote your local chefs, your local farms, raise money, and highlight local projects aimed at growing local food security in your community.

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