



FOOD DRIVE

Thank you for volunteering to conduct a food drive on behalf of the Interfaith Food Pantry. In 2020, we distributed more than 1.5 million pounds of food. We would not be able to continue to meet this need.

Getting started is as easy
as 1, 2, 3!

PLAN

Select the dates and location. We recommend that you run a drive for a least 2 weeks.

PREPARE

Get your collection bin (s) ready and make posters, fliers, and social media posts to get the word out.

COLLECT

Time to start collecting and put your plan into action.

IMPORTANT INFORMATION

1. Make sure you are sharing IFPN's most needed items when you publicize your drive. <https://mcifp.org/donate/donate-food> Note: IFPN cannot accept unlabeled or dented cans, open packaging, homemade foods or expired products.
2. Contact IFPN to set up a specific day and time when you will drop off the food and any monetary donations you received. Be prepared to provide a rough estimate of the amount of food that will be delivered. Call Val Schuszler at 973-538-8049 x 215 to schedule.
3. Remember cash donors can text 'Hunger' to 26-989. Ask them to add a note mentioning your food drive when they make their donation.

FOOD DRIVE THEMES

Be Creative!

Organize a pledge drive. Ask your family and friends to pledge money to help feed a family.

Collect food donations for a specific meal (i.e. chili day, "Soup-er" bowl).

Hold a pizza party where admission is a donation of food or funds.

Hold a potluck and ask guests to bring food donations.

Invite family and friends to donate a non-perishable item to IFPN as a birthday, anniversary, or holiday gift.

Ask participants to purchase a reusable shopping bag and fill it with non-perishable items.

Place donation jars and food bins near break rooms, copiers, or any other place people gather.

Sponsor a brown bag or skip-a-meal lunch.

Host a Food Drive themed day, like Thirsty Thursday (100% fruit juice), or Warm Up Wednesday (canned soup).

Collect food and funds at community events, like sporting events, mini-marathons, farmers market, etc.

Be creative with collection containers – set up playpens for collecting baby items, fill a car for a "Food DRIVE".

Run a "Hunger Doesn't Take A Summer Vacation" drive to collect breakfast and lunch items for children who normally receive these meals through a school program.



FOOD DRIVE

Together We Make a Difference!

We are hosting a food drive for the Interfaith Food Pantry Network!

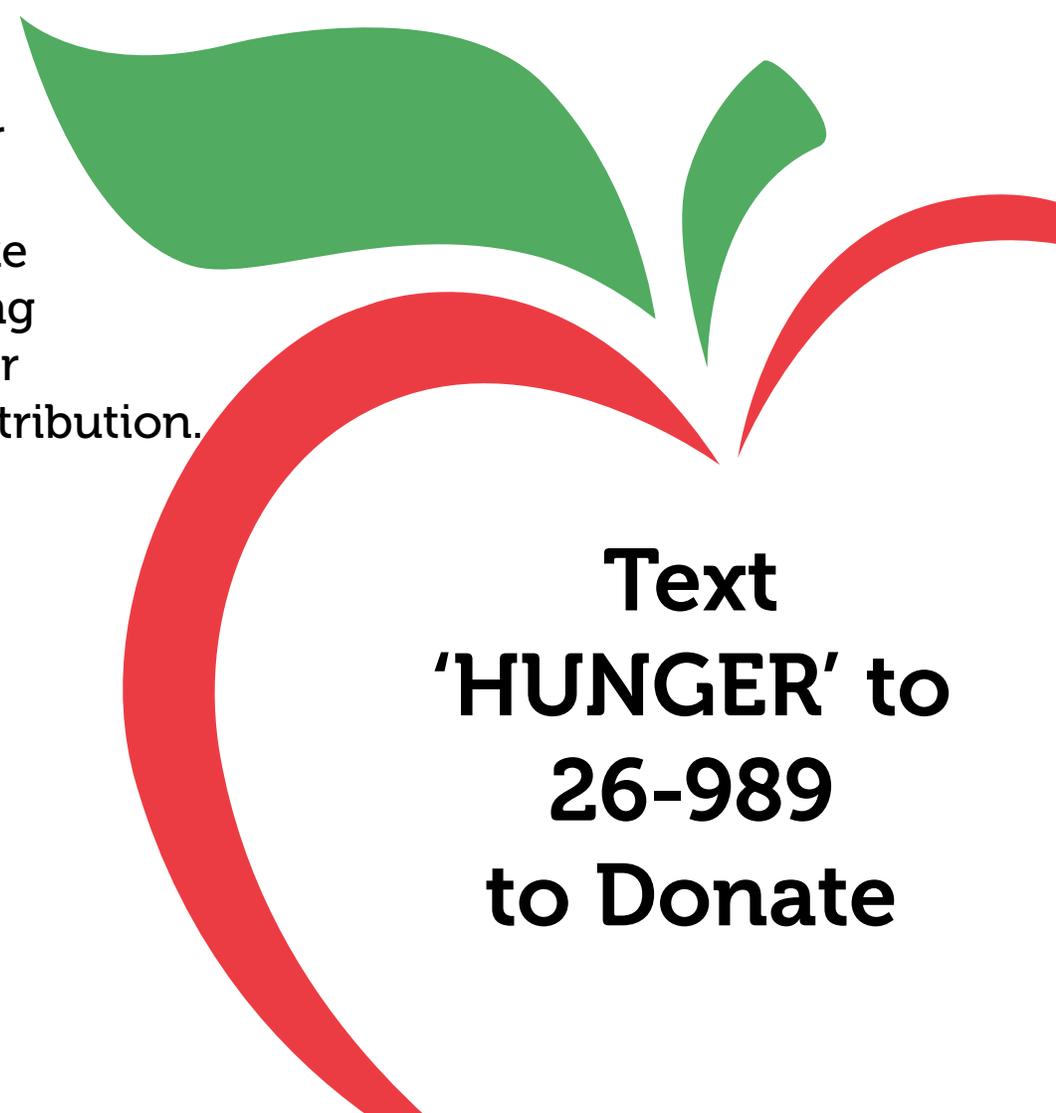
In 2020, the IFPN distributed over 1.5 million pounds of food to low-income working families, unemployed workers, people with disabilities and seniors living on fixed incomes.

In 2020, There were 83,000 individual visits served by IFPN or one of it's Network Partners. You can make a difference by donating non -perishable food or making a financial contribution.

2 Executive Drive
Morris Plains, NJ

190 Speedwell Avenue
Morristown, NJ

973-538-8049
www.mcifp.org

A large, stylized graphic of an apple is positioned on the right side of the page. The apple's outline is a thick red line, and it has two green leaves at the top. The text "Text 'HUNGER' to 26-989 to Donate" is centered within the apple's outline.

**Text
'HUNGER' to
26-989
to Donate**



Every Day Pantry Needs

ALL are needed

| | |
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| <p><u>FRUITS & VEGETABLES</u> – Look for fruit canned in its own juice or with “no sugar added”. Look for vegetables with low sodium or “no salt added”.</p> | <p>Canned Fruit 100% Juice 32 oz. Canned Vegetables Spaghetti / Tomato Sauce, Tomato Products (crushed, whole, diced, paste, puree) Fresh Produce from your garden (uncooked)</p> |
| <p><u>GRAINS</u> – Donate whole grains as often as you can</p> | <p>Cereal – low sugar, high fiber Oatmeal Pasta/ Whole wheat Pasta Rice /Brown Rice – 1 or 2 lb. sizes</p> |
| <p><u>DAIRY</u> – Donate shelf-stable low-fat (1%) or non-fat dairy products</p> | <p>Parmalat (shelf stable 32 oz. size) Dry Milk (1-qt. package) Evaporated Milk Calcium-fortified Milk alternatives such as soy, rice or almond milks</p> |
| <p><u>PROTEIN</u> – Look for “no salt added”, “low -sodium” and “canned in water”</p> | <p>Canned Beans (Pork and Beans, Pinto, Red, White, not green beans) Dried Beans Tuna Fish, Salmon and other canned fish Peanut Butter, 18 oz. Canned Meats and Meals (ravioli, spaghetti & meatballs, hash, stew canned chicken etc.)</p> |
| <p><u>SIDE DISHES</u> –</p> | <p>Mac ‘n Cheese Instant Potatoes Stuffing Rice-A-Roni Hamburger Helper</p> |
| <p><u>SOUPS</u></p> | <p>Hearty, Low-Sodium, Regular</p> |
| <p><u>BABY ITEMS</u></p> | <p>Enfamil Infant Formula (NOT Newborn) Baby Food – Stage 1 Fruits and Stage 3 Vegetables & Meats Diapers 5 & 6 Pull Ups 4T & 5T Baby Wipes</p> |
| <p><u>SPECIALTY ITEMS</u></p> | <p>Gluten Free Products Boost or Ensure, regular Boost Glucose Control or Glucerna Adult Depends (no tabs) Tea (100 count boxes) Resealable sandwich bags and quart sized Plastic Bags</p> |