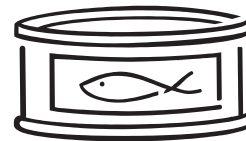


How to Hold a Fund and Food Drive

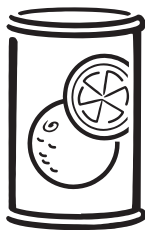
REQUESTED ITEMS:



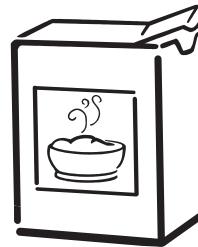
Beans
Soup
Sauce



Tuna
Salmon
Chicken



Canned Fruits
Canned Vegetables



Brown Rice
Pasta



No Homemade or
Glass Items



Peanut
Butter



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Questions?

Contact Linda Franklin at 580-402-1536 or loavesandfishesnwok@yahoo.com

Hunger in Oklahoma

- More than 675,000 (1 in 7) Oklahomans struggle(s) with hunger every day.
- One in four children in Oklahoma is at risk of going to bed hungry every night.
- Oklahoma ranks among the top six states in the nation in the number of people who are at risk of hungry.
- **In Garfield County, 8,870 people, or 15 percent of the county population, struggle with having enough food to feed their family.**
- **In Garfield County, 3,260 students, or 25 percent of all children under 18 in the county, are at risk of being hungry.**
- The majority of those served by Loaves & Fishes NW Oklahoma Food Resource Center will be children, seniors living on fixed incomes, and working families who struggle to make ends meet.

The Working Poor:

- According to the Bureau of Labor Statistics, if minimum wage was adjusted for our nation's inflation throughout the past 40 years, it should be \$10.55 today. Instead, it's only \$7.25.
- Further, nearly 1 in 3 professions in Oklahoma have a median salary below the poverty level (just \$11,170 annually for a single person).
- Therefore, a full-time minimum wage job at today's standard barely puts an individual above the federal poverty line.
- Unfortunately, although Oklahoma's general unemployment rate is comparatively low, it actually has one of the highest underemployment rates in the nation – which equates to an additional 11.4% of adults who don't have full-time work...at an already unacceptable wage.

According to the Regional Food Bank:

- 40% of clients reported choosing between paying for food or paying their utilities or heating fuel.
- Their average annual income is \$12,130.
- 57% of clients have unpaid medical or hospital bill.



About Loaves and Fishes

- Loaves & Fishes NW Oklahoma is a new non-profit responsible for operating a Food Resource Center in Enid. The Food Resource Center is affiliated with the Regional Food Bank of Oklahoma.
- Loaves & Fishes NW Oklahoma brings the community together to feed those struggling with hunger and to promote healthy food choices.
- Resembling a small grocery store, the facility will include cooler and freezer space, as well as shelving for food selection.
- With your help, Loaves & Fishes NW Oklahoma will improve the health of our community and will provide our neighbors struggling with hunger the most basic of all needs – food.
- A client choice food pantry allows clients more dignity and makes more efficient use of food resources. Clients choose what they want and take only what they need, rather than being given a box or sack food that they may or may not be able to use.
- Daytime and evening hours and some Saturdays of operation will improve access to food resources for the working poor.
- Loaves & Fishes of NW Oklahoma will be responsible for the ongoing operating expenses of the Food Resource Center. It will be a lean operation that will rely on community financial support and volunteer power.

Future Phases Include:

- A demonstration kitchen to teach how to cook healthier using whole foods instead of processed food.
- A summer feeding program for children to fill the gap when access to school meals is not available during the summer.
- A community garden to teach people to grow their own healthy foods.
- Community engagement to address the issue of hunger.

Questions?

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About the Regional Food Bank of Oklahoma

- Last year, the Regional Food Bank, and its partner agencies, distributed 878,307 pounds of food to the hungry in Garfield County.
- Located in Oklahoma City, the nonprofit is dedicated to its mission of *"Fighting Hunger...Feeding Hope."*
- **The nonprofit serves nearly 1,000 charitable feeding programs and schools in 53 counties in central and western Oklahoma.**
- The Regional Food Bank provides enough food to feed 90,000 people each week.
- The Regional Food Bank of Oklahoma is committed to ensuring an equitable distribution of food, maximizing utilization of resources and providing compassionate service to vulnerable populations.
- We are investing in programs, facilities and partnerships that offer the best opportunities to improve service and feed hungry Oklahomans.
- Part of this investment includes opening Food Resource Centers (FRC) – a solution to the current and future needs of hungry Oklahomans.

About Food Resource Centers

- The Regional Food Bank is developing efficient and sustainable Food Resource Centers (FRC) throughout its service area. These centers will support smaller hunger relief programs and expand the direct service model.
- FRCs will allow the Regional Food Bank to focus on more efficient, higher volume distribution to 53 counties in Oklahoma.
- The FRC will have many functions, including:
 - Expanded hours of operation
 - Provide for redistribution to other partner agencies in surrounding areas
 - Increase in the number of volunteers and training available
 - Increase the variety and the amount of food available to clients
 - Client choice in selection of product as well as other potential resources
 - Greater collaboration and cooperation between FRC's, Regional Food Bank and communities
 - Better utilization of community resources
 - More efficient use of the Regional Food Bank's fleet
 - Development of partner agency succession and strategic planning
 - Help build additional community capacity in addressing hunger

Questions?

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How to Get Started

Hold the Ultimate Food Drive in Five Steps

1. Identify your food drive dates and goals.
Meal goal = (Number of pounds collected) divided by 1.2
Meal goal = (Number of dollars raised) multiplied by five
For example:
1,000 pounds of collected food, along with \$1,000 donated = 5,769 meals
2. Set your food drive dates and drop off locations.
3. Decide how to collect the food. Loaves & Fishes can assist with food and fund drive supplies, like donation boxes, and 11" x 17" posters.
4. Spread the word about your food drive.
5. Deliver your donations to Loaves & Fishes.

Questions?

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Most Needed Items

Community food drives are an excellent source of high-quality food for the people we serve.

Most Needed Non-Perishable Items Include:

- Canned meats (i.e. tuna, chicken, seafood, turkey)
- Canned and boxed meals (i.e. soup, chili, macaroni and cheese)
- Canned or dried beans and peas (i.e. black, pinto, lentils)
- Pasta, rice, cereal
- Canned fruits and vegetables
- Shelf-stable milk
- Peanut butter

Suggested Healthy Items:

- Canned fruit in light syrup
- No sugar added applesauce
- Low sodium vegetables
- Canned white or sweet potatoes
- Powdered or flaked potatoes
- Canned salsa

Suggested Themes:

- **Wakeup Call – Get Up and Get Moving**
Canned coffee, non-dairy creamer, boxed cereal, oatmeal, tea bags, granola bars and pancake mix.
- **Feeling Fruity – An Apple a Day**
Canned peaches, pears, pineapple, fruit cocktail and applesauce.
- **Take a Bite Out of Hunger – Chomp!**
Shake and Bake, Hamburger Helper, rice and beans, Rice-a-Roni and Zatarain's Mix.
- **Dinner's Served – Meat the Need**
Canned stew, pork and beans, instant potatoes, stuffing mix and soups.
- **Back-to-School – Lunch-Box Items**
Peanut Butter, granola bars, juice boxes, raisins and individual snack bags.
- **Winter Wonderland – Warm Foods**
Dry and canned soups, crackers, stuffing, pumpkin and canned meats.
- **Days of the Week**
Meat the need Monday, Tuna Tuesday, Peanut Butter Wednesday, Vegetable Thursday and Fruit Friday.

The Food Resource Center Cannot Use:

- Rusty cans
- Perishable items
- Homemade items
- Opened items
- Alcoholic beverages or glass items (they break and can contaminate donations)
- Brown or wild rice
- Whole grain/bran cereals
- Reduced fat whole grain crackers
- Trans fat free tortillas
- Powdered milk
- Low fat, low sodium soups

Questions?

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Promote Your Drive

Promoting your food drive is fun and easy to do! Display food drive posters and collection bins, which are provided by the Food Resource Center, at entrances, cafeterias, lounges and other busy locations. Please tape the bottom of your collection bins.

- Distribute shopping lists and donation forms to staff.
- Send weekly email updates to staff.
- Host a kick off event and have a Food Resource Center spokesperson speak to staff about hunger.
- Post about the drive on Facebook and Twitter.
- Write a blog.
- Mention in staff meetings/announcements.
- Send out a press release.
- Set up a table with brochures and posters.

Congregation Ideas:

- Promote a fast. Donate the money you would have spent on a meal to the Food Bank.
- Take up a second collection during services.
- Set up a table with brochures and a collection jar before/after services.
- Challenge your youth group to make a difference by raising donations.

Slogan Ideas:

- | | | | |
|-------------------|-------------------|-----------------------|-------------------|
| • Bag Hunger | • Wipe Out Hunger | • The Power of Change | • Spare Change to |
| • Hunger's Heroes | • Dare to Care | • It Makes Cents | Spare Lifes |

Questions?

Contact Linda Franklin at 580-402-1536 or loavesandfishesnwok@yahoo.com



After the Drive Ends

Thank you for holding a food and fund drive to benefit the Food Resource Center.

Food Donations:

Bring your donations to Loaves & Fishes, located at 502 W. Maine in Enid, OK, or drop off your donations at a Food Resource Center.

Donations can also be made online at www.regionalfoodbank.org. Email Angie Gaines at againes@regionalfoodbank.org when you've made an online donation so that it will be added to your organization's total donation amount and will be credited to the Food Resource Center.

You can also create a personal fundraising page for your organization. Every dollar donated will provide five meals to hungry Oklahomans. Send a link to your friends, family and co-workers to donate to your fundraising page.

Questions?

Contact Linda Franklin at 580-402-1536 or loavesandfishesnwok@yahoo.com

Other Ways To Help

**Volunteers are the life-blood of Loaves and Fishes of NW Oklahoma.
Give your time and change someone's life.**

Volunteer Positions Include:

- Application processors
 - Warehouse personnel
 - Shopping assistants
 - Light maintenance
 - Check-out volunteers
 - Produce prep and processing
 - Stockers in the store area
 - Cooking class instructors
-
- Gifts of food are always welcome. Involve friends, co-workers and classmates by holding a food drive and make an even bigger impact!
 - In addition to one-time gifts, families and individuals are encouraged to participate in Each One Feed One by making a monthly commitment of support. Your gift will help end hunger and improve the health of our community.
 - Contact Linda Franklin, Executive Director at 580.402.1536 or loavesandfishesnwok@yahoo.com.

Questions?

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