



STUDENT HUNGER DRIVE



Elementary/Middle/Jr. High Guide



2024

Student Hunger Drive: Step by Step



Step 1: The Plan

Planning is key! Decide what your school's hunger drive will look like, what activities and events you will host, and who will coordinate each.

Step 5: The End

The Student Hunger Drive concludes on Thursday, November 7th.

Coordinate to have all food picked up or drop off at your partner High School prior to November 7th.

Step 2: The Start

The Student Hunger Drive kicks off Monday, September 30, 2024.

Step 3: The Fun

Use this guide's fundraising tips & tricks for ideas to make your food & fund drive successful and fun for everyone.

Step 6: The Impact

The Student Hunger Drive helps over 100,000 children and adults facing hunger in River Bend Food Bank's service area have the food support needed to face life's challenges.

Step 4: The Collection

Use boxes provided to help keep food safe.



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NEED HELP?

CONTACT

Rachel Grewe
Programs Coordinator

Phone:

563-345-6490 ext. 2150

Email:

rgrewe@riverbendfoodbank.org

Website:

riverbendfoodbank.org



2024 STUDENT HUNGER DRIVE GUIDELINES



Collecting Food and Monetary Donations

Food Donations: Schools are asked to collect and donate a variety of non-perishable food products. Most needed food items include canned fruit, peanut butter, canned meat, tuna, soups, chili, and stew.

Please consider Quality vs. Quantity; for the Student Hunger Drive competition, the Food Bank cannot accept perishable items, pet food, soda, or bulk items over 10 pounds.

Boxes: River Bend Food Bank will supply boxes for the drive and deliver them to your *partner High School* the week prior to the kickoff. Please pack all loose items in these boxes, with enough room to close and stack them properly.

Should you need more boxes during the drive, please contact your partner High School.

Food Safety: All Student Hunger Drive food collected must be stored in a **secure, sanitary, and temperature-controlled place**, at least 4 inches off the floor, away from the wall, and 6 inches below the ceiling to comply with food safety regulations. *Please do not store food in a garage, shed, or car.*



Food Collections & Storing Food Donations

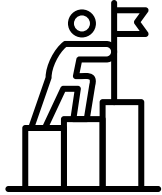
Purchased Food: If your school purchases pallets of food from grocery stores or wholesalers, have them delivered directly to River Bend Food Bank.

*Please use the SHD provided boxes for loose food only.

Monetary Donations: Schools can accept monetary donations at the school or through our online donation platform - each school will have its own URL. If you receive monetary donations, keep them safe until you drop off your donations or have them picked up by your *partner High School*.

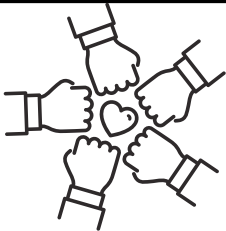


PLANNING TIPS



SET A GOAL

Set a goal! How many pounds and/or how much money would you like to raise?



INVOLVE THE ENTIRE SCHOOL.

Encourage students, staff, and leadership to participate. Host opportunities through clubs, departments, teams, etc.



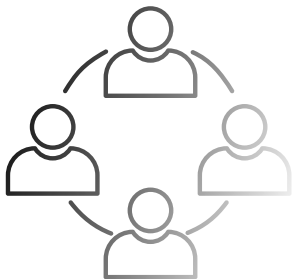
HOST AN ASSEMBLY OR SCHOOL KICKOFF

Share details and build excitement for the upcoming drive!



SPREAD THE WORD!

Hang posters and flyers around town, use social media to let everyone know about your plans; when/where to drop off food. Share what you've learned about hunger in your community



GET OTHER SCHOOLS INVOLVED

Connect with other elementary and middle schools to get everyone involved- and don't forget your district office! Hold an assembly, coordinate special theme days. Arrange to drop off food to your high school partner or to have them pick up your donations at the end of your drive

12 FOOD DRIVE IDEAS

MAKE IT FUN FOR EVERYONE

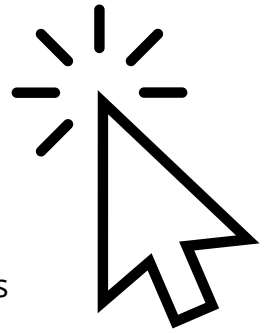
- 1 Inner School Competitions:**
Challenge grades or classrooms to see who can raise the most food & funds. Offer a prize for the winning group. (ex: donuts, pizza, or ice cream party)
- 2 Events and Activities:**
Hold a special fundraising activity such as a dodgeball tournament, obstacle course, scavenger hunt, lock-in, color run, or special 'event-a-thon'. (ex: walk-a-thon, bike-a-thon, dance-a-thon).
- 3 Host a Fill the Truck Challenge:**
Choose a night to collect food & funds at a football game to fill a truck during the game. You can also choose a night when your team is playing another school participating in the SHD, and "compete off the field" to fill your truck.
- 4 Dress Up Days**
Ask for food donations or a small monetary donation for students and staff to participate in a Special Dress Day (ex: pajama day, crazy hair day, school colors day, superhero day, etc.)
- 5 Tape Your Teacher to the Wall or Pie in the Face Contest**
Choose a willing principal, teacher, or coach to get taped to a wall in a prominent location and charge one food item or \$1 per strip of duct tape. Collect a certain amount of food & funds to throw a pie in a teacher's face. (Could be a fun activity for a school assembly).
- 6 Clean the Cupboard Challenge: (PAGE 9)**
Help educate students and their families about donating food that is still safe to eat by explaining "donate dates" and "food rescue". Send the "Expiration Dates" flyer home (flyer to copy provided in the Advisor Resources) and encourage students to clean out their cupboards to donate unopened items.
- 7 Involve food - it's always a hit!**
Host a bake sale, hold a chili cook off with a \$5 entry, sell donuts, candy bars, popcorn, etc.
- 8 Connect with your community & Promotions**
Connect with local grocery stores to collect non-perishable foods or participate in a 'round up' fundraising opportunity, hold a restaurant fundraiser where a portion of a night's funds are donated to the SHD, or find businesses that allow you to put up donation jars to add to your school's SHD total.
- 9 Online Giving & Virtual Food Drive (PAGE 6)**
Use your school's online giving page for those who prefer to give a monetary gift instead of food. You could go door to door with an iPad in your neighborhood to invite your neighbors to give.
- Get your community involved:**
- 10** Host a community event (trivia night, bingo, movie night, chili dinner, pancake breakfast, yard sale, silent auction, etc.) to collect funds & food. Challenge local businesses, police/fire department, etc. You'll be surprised how many would love to be involved!
- 11 Host a Change Challenge or Penny War**
Have groups or departments compete against one another to collect change. Pennies, nickels and dimes add to the total collected, and quarters and bills subtract - so use them on the opposing team.
- 12 Have fun with a Halloween Theme**
Host an event, create a Haunted House, go trick-or-treating for cans, etc.

Virtual Food Drive & Online Donations

**Supporting
the Student
Hunger Drive
has never
been easier!**

Start Virtual Food Drive?

A Virtual Food Drive is a web-based tool allowing individuals and organizations to host a food drive through River Bend Food Bank's website. Donations can be made securely online, and classmates and community members can view your school's progress in real-time.



With just a few clicks, anyone can make a difference in the lives of people experiencing hunger!

How to Start a Virtual Food Drive

1. Check out your school's fundraising page and set a goal
2. Ask your community for donations through your page
3. Share your page on social media
4. Create a QR code to connect flyers, etc. to your donation page

Give online to help us reach our goal!



- 1** Visit our school's page at: _____
- 2** Add virtual food to your "cart"
- 3** Proceed through the "checkout" and your tax-deductible donation will support our school's Student Hunger Drive efforts!

For more information, visit River Bend Food Bank's website at www.riverbendfoodbank.org/shd



Most Needed Items:

- Canned Fruit
- Canned Meats
- Tuna
- Peanut Butter
- Soups
- Stews
- Chili

Do you have food at home you won't eat?

Don't waste it - donate it!



All donations help feed people experiencing hunger in eastern Iowa and western Illinois. Learn more about our programs and get involved at riverbendfoodbank.org



Feeding people today. Ending hunger tomorrow.

EXPIRATION DATES *vs.* EAT BY DATES

Sometimes dates on food are confusing! The examples below show how long past the dates that food is still safe to eat.



DATE LABEL

WHAT IT MEANS

SELL BY 3/15/23
ENJOY BY 3/15/23

This is a freshness date. Food is freshest by the date on the label, but still safe to eat after that date. Examples are milk (up to 1 week after the sell by date) and eggs (3-5 weeks after the sell by date).

BEST BY 3/15/23
BEST IF USED BY 3/15/23

This is a quality date. Food has the best quality if eaten by this date. You can eat acidic canned foods 12-18 months after this date. Examples are canned tomatoes or pineapples. You can eat non-acidic canned foods up to 2-5 years after this date. Examples are canned soup or vegetables.

EXP 3/15/23
USE BY 3/15/23

This is a true expiration date. After the expiration date, the food is not safe to eat and should be thrown away (or better yet, composted and recycled if appropriate). Examples are baby food and infant formula.

Frozen Food

Frozen foods remain safe indefinitely, though they eventually get freezer burn. Cook immediately after thawing. The cooked food may be refrozen.

Nothing

If there is no expiration date, use the can within one year from when you got it.

3/15/2023 or 07523

This is a manufacturing date. It is not an expiration date. Treat this as a "Best By" date and follow the above guidelines.

A series of numbers and letters, such as W15KA253XJ

This is a packing code. It is used only by the manufacturer. It is not an expiration date. Use the above guidelines.

REMEMBER: Never use a can if it is bulging, leaking, rusty, or if the rim is dented!

Clean the Cupboard Challenge

Take the challenge to *never* throw away food that is still safe to eat.

Help reduce food waste AND help people in need!

1. Go through your pantry.
2. Choose food you won't eat or that has passed the "donate date."*
3. Ensure food is non-perishable and unopened.
4. Invite your friends and family to take the "Clean the Cupboard Challenge" too.
5. Bring your donations to your school by the Challenge deadline.

*Food product dates (other than infant formula and baby food) are set by the manufacturer only as "freshness" dates. The date simply indicates the timeframe the manufacturer feels the product will taste best. We call that the "donate date." As long as food is unopened and looks and smells fresh, it can be donated to the Food Bank.

Please return all food by _____

DID YOU KNOW?

1 in 6 children is missing meals?
That means almost 20% of children in our community - including students at your school - are facing hunger every day.

YOU can make a difference to families facing food-insecurity and help us end hunger!

**STUDENT
HUNGER
DRIVE**

RIVER BEND FOOD BANK

HUNGER EDUCATION

TEACHING ABOUT FOOD INSECURITY

“How to teach children about food insecurity?”

The materials following are intended to provide some options for you to help educate your students what food insecurity is, who is hungry, and about why and how they, as student, can make a difference in their community.

With 1 in 8 people and 1 in 6 children in Eastern Iowa and Western Illinois experiencing food insecurity, it is likely that someone in your group or class will have experienced food insecurity and/or hunger at some point or will know someone who has.

Other people may live in an environment of plenty and have a difficult time understanding how hunger persists in the United States. It is essential not to judge or criticize different perspectives. It is our hope that these materials will help dispel myths and misconceptions that surround hunger issues and underscore the urgent need to get involved in the work being done to address hunger in our community.



While using these resources, it is important to realize that people will bring their own experiences and attitudes to these activities and discussions.

We all have a role to play in getting food to those in need. Sharing information and raising awareness about hunger and food insecurity is a great place to start. Children can make a positive difference in the lives of other kids in need.

It's important to talk to children about hunger and inspire them to take action to fight hunger. In this toolkit, teachers and parents can use the resources to teach young children about the River Bend Food Bank and how they can help us **'Feed People Today, and End Hunger Tomorrow!'**

HUNGER AND FOOD INSECURITY

Those words seem the same. But it may surprise you to learn that hunger and food insecurity mean different things.

Hunger is defined as a physical feeling of discomfort or weakness caused by lack of food.

- What does it feel like when you are hungry?
- How does your body feel? Do you feel like running, jumping and playing? or...Do you feel tired?

Food insecurity means not having access to enough nutritious food to lead an active, healthy life.

- How can not having enough food impact a person's life?

River Bend Food Bank works to end hunger by addressing food insecurity.

- With 1 in 6 children in Eastern Iowa & Western Illinois not having enough food to eat and needing to depend on an adult to get them food, **Why do you think it is important for each of us to help other families?**



A GOOD PLACE TO START, MAY BE TO WATCH A FEW GENERAL VIDEOS:

River Bend Food Bank videos: "What's A Food Bank" and "Where do your Donations go"

"Kids Respond to Child Hunger" – a great introduction to hunger and how many kids are hungry. We recommend you start with this.

LET'S READ AND LEARN MORE....

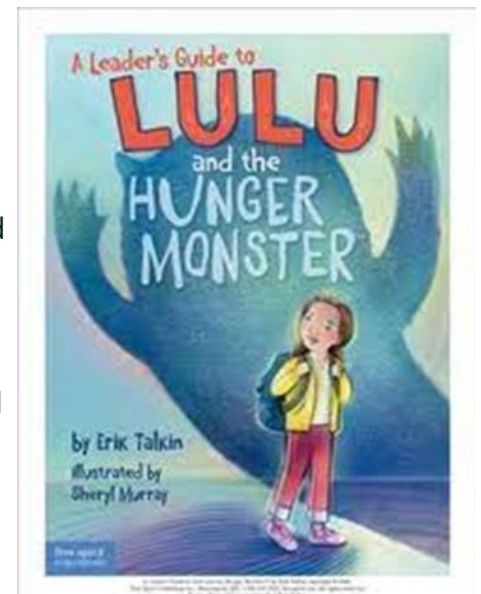
Who is the Hunger Monster and how do we stop him?

Hunger is a monster that can strike anyone big or small, young or old. The following book list and Stop the Hunger Monster activities can help young children learn about who the Hunger Monster is; the meaning of food and the importance of it to different cultures; and build empathy and inspiration towards ending hunger.

Lulu and the Hunger Monster by Erik Talkin

A story about the realities of food insecurity from a child's perspective. Lulu's hunger is made manifest as a literal monster trailing around behind her, as a constant burden she must bear. The hungrier she is, the larger the monster becomes. Available on [Amazon](#), or on [YouTube](#).

Lulu and the Hunger Monster can be downloaded as a PDF online. There is also a downloadable [Leader's Guide](#)



OTHER BOOKS TO CONSIDER



Saturday at the Food Pantry – Available on Amazon or on [YouTube](#).

Molly and her mom don't always have enough food, so one Saturday they visit their local food pantry. Molly's happy to get food to eat until she sees her classmate Caitlin, who's embarrassed to be at the food pantry. Can Molly help Caitlin realize that everyone needs help sometimes?

Maddi's Fridge by Lois Brandt – Available on Amazon, or on [YouTube](#).

Maddi and her family are struggling to make ends meet; despite their best efforts, Maddi's parents are unable to provide fresh and wholesome food for their family. Upon finding out that Maddi and her parents are hungry, Sofia, Maddi's best friend, must face the choice of whether to speak up (and help her friend) or remain silent.



Uncle Willie and the Soup Kitchen by DyAnne DiSalvo – Available on Amazon or on [YouTube](#).

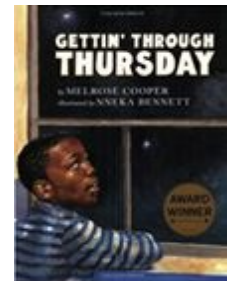
A young child visits his uncle at his job, a local soup kitchen. Under the guidance of his uncle, the boy begins to learn about the services provided by the soup kitchen and the stories of those who receive these services.



Gettin' Through Thursday by Melrose Cooper

Available on Amazon or on [YouTube](#).

It is Thursday, and Andre and his mother want to commemorate his position on the honor roll. However, his mother is not paid until Friday. Unfortunately, because she has not been paid yet, Andre has to push back the celebration.



A Bike Like Sergio's by Maribeth Boelts –

Available on Amazon or watch it on [YouTube](#).

Ruben and his family live in poverty and often have a difficult time paying the bills and shopping for groceries. Ruben really wants a bike like his best friend Sergio has, but his parents do not have the resources to buy him one. On the way to the local corner store, Ruben finds a \$100 bill. Ruben must now make the choice whether to return the money, help his parents with bills or buy himself a bike



IN EASTERN IOWA & WESTERN ILLINOIS:



126,930 people experience food insecurity in our service area, including over **35,000** children



In 2022, children and adults in our region missed out on **23,863,600** meals



River Bend Food Bank has over **400 hunger-relief partners** - pantries and meal sites in schools, senior complexes, and community organizations - in **23 counties** in eastern Iowa and western Illinois



During the school year, every week River Bend Food Bank distributes **3,000 backpacks** with weekend meals for children



1 in 6 children and **1 in 8 adults** struggle with food insecurity everyday nationwide



Every year, the U.S. throws away **119 BILLION** pounds of food



Every day, people experiencing hunger make tough choices between their most basic needs:

- **57%** choose between paying rent/mortgage and food
- **66%** choose between medical care and food
- **67%** choose between gas for transportation and food
- **79%** compromise nutrition and long-term health to buy the cheapest food available



Every **\$1** donated can provide UP TO
FIVE meals

***No one should go hungry.** River Bend Food Bank works with 400+ partner agencies in 23 counties to make sure people facing hunger have reliable access to healthy food. The Food Bank distributes over 20 million meals each year through food pantries, schools, senior residences, and community organizations.*

Together, we will feed people today and end hunger tomorrow.

MISSION:

River Bend Food Bank **LEADS** the community-wide effort to end hunger in eastern Iowa and western Illinois.

- Leveraging partnerships to help people in need stabilize their lives;
- Engaging the public in hunger issues;
- Advocating on behalf of hungry people;
- Distributing surplus food through a network of hunger-relief agency partners and programs;
- Striving to end hunger.

HOW YOU CAN HELP:

- **Advocate:** Encourage legislators and community leaders to adopt policies that work to help people experiencing hunger.
- **Educate:** learn how hunger is impacting our community; share education and ways to help with your networks.
- **Volunteer:** Get involved at River Bend Food Bank or your local pantry.
- **Give:** Make a monetary gift of any size to make sure no one goes hungry in our community.

Learn more about River Bend Food Bank programs, sign up to volunteer, and make a gift online at:

riverbendfoodbank.org

