



# PROJECT CLEAN PANTRY

Fighting Hunger Together

Donation

# FACTS: HUNGER THREATENS OUR NATION'S FUTURE



Many people facing hunger are forced to make tough choices between buying food and medical bills, food and rent and / or food and transportation.



Children facing hunger may struggle in school — and beyond.



Many Americans are one job loss or medical crisis away from food insecurity.



Just \$1 can help provide at least 10 meals to hungry kids and their families.

**Together, we can make a difference**

# NO ONE CAN THRIVE ON AN EMPTY STOMACH



# HUNGER IS CLOSER THAN YOU THINK

- Nearly 5.5 million senior citizens currently face hunger in our country.
- Over 2.3 million households in rural communities face hunger.
- Getting enough to eat is a consistent struggle for 1 in 4 African-American children.
- More than 18% of Latino children are at risk of hunger.
- 1 in 7 children may not know where they will get their next meal.



**Help Make a difference – THANK YOU!**



# PROJECT CLEAN PANTRY – TOOL KIT

Let's work together to help feed the hungry during these challenging times. Our communities need our help.

It's easy:

1. Gather a big box, then open your pantry and place nonperishable and canned goods into box. *Yes, the ones you will certainly forget about, let expire or never used for that untried recipe. Or, pick up some items on your trip to the grocery store.*
2. Send an email to friends, family and neighbors (sample provided) – asking them to the join the fun.
3. Collect them or have neighbors drop donations off to your home in the box place outside your door,
4. Locate your local food bank (google address near you), call for drop off hours, deliver to site and someone will come to your car for donations. Safety first and don't forget your mask.
5. Inspire others to help, post your pictures on social media #projectcleanpantry.

**Plan a Zoom party, celebrate making a difference. Stay safe, make a difference.**



# PROJECT CLEAN PANTRY – TOOL KIT



## SAMPLE EMAIL:

Hi neighbors,

I am writing for your help. These are truly difficult times, but we are also painfully aware that others are suffering in disproportionate ways and I hope you can join me in helping in some small way.

People are hungry. The statistics are heartbreaking.

I am asking for your help or join me as I am starting a food drive. I will place a box on our front porch for collections this afternoon. I will deliver to Capital Area Food Bank starting next week - food bank drop offs are M-F, 7am - 3pm.

What food you CAN donate to the local food bank:

This part is easy. Food banks accept dry and canned food donations. What does that mean? Basically, any food that is "shelf-stable" or nonperishable – you can keep it in your pantry, and it won't go bad. And remember, only donate food that hasn't reached its "sell-by" date yet. Specifically, food banks often need items like:

- Canned soup
- Canned fruit
- Canned vegetables
- Canned stew
- Canned fish
- Canned beans
- Pasta (most prefer whole grain)
- Rice (most prefer brown rice)

That's not an exhaustive list but it covers a lot of what food banks and clients regularly need. Additionally, some food banks accept personal care and household items, since many families struggle to afford these items.

If you prefer to make a financial contribution, make checks out to Capital Area Food Bank. Of note, every dollar you give can provide at least 10 meals to families in need through the Feeding America network of food banks.

Thank you, thank you, Spread the word. May you and your loved ones stay safe and in good health.

With gratitude, 

Your name

# PROJECT CLEAN PANTRY - TOOL KIT



**THE BEST FOODS TO DONATE TO A CANNED FOOD DRIVE**





# FOOD DRIVE

**MAKING A DIFFERENCE**

\*Print to design your box or post on door

# PROJECT CLEAN PANTRY - share your photos



Capital Area Food Bank staff members helping with safe drop offs.



Placed Food Bank box at Anacostia Bolling Air Force Base



Food and financial donations flowing in. Thanks to the residents of Mitchell Loop Estates.



^ Dee's makeshift donation box with items from her pantry



Donations getting unloaded

<< Dropping off donations at Capital Area Food Bank



# PROJECT CLEAN PANTRY

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JOIN THE MOVEMENT!

Thank you,

Dee Robinson

[#projectcleanpantry](#)