



Neighborhood House™

2010 Corporate Food Drive Kit

NEIGHBORHOOD HOUSE 2010 FOOD DRIVE

Facts about Food Shelves

MINNESOTA FOOD SHELF FACTS

- Sixty-six percent of food shelf participants make less than \$1,000 a month.
- Of those who use Minnesota's food shelves, 47% of adults regularly skip meals to stretch their budgets; 14% of children do, too.
- Nearly 75% of food shelf clients live in unaffordable housing; half spend more than 50% of their income on housing.

NEIGHBORHOOD HOUSE FOOD SHELF FACTS

- The goal of the Neighborhood House Food Shelf is to provide food to those seeking assistance, and to connect them with additional community resources that will help them move "from survive to thrive." By linking participants to a network of resources to help them address their own challenges – financial assistance needs, language barriers, childcare, and education – the Neighborhood House Food Shelf makes a difference in people's lives.
- Every year, people across the state join forces with Minnesota FoodShare in a special effort to stock local food shelves. The 2010 campaign goal for the Neighborhood House food shelf is 160,000 pounds of food and dollars combined.
- **Multiply your food gifts in March!** Every donation to Neighborhood House's food shelf during March will earn a proportional match from Minnesota FoodShare and a challenge grant from the Feinstein Foundation. Each pound of food donated counts as the equivalent of one dollar.
- Neighborhood House has the largest single site food shelf in Ramsey County.
- We serve an average of 35 households and distribute over 2,000 pounds of food each day.
- Forty percent of our families visiting our food shelf are immigrants or refugees, 40% are employed, 22% are living on social security benefits, and 50% are children.



Neighborhood House™

179 Robie Street East
Saint Paul, Minnesota 55107
651.789.2500
www.neighb.org

NEIGHBORHOOD HOUSE 2010 MARCH FOOD DRIVE

How Neighborhood House Changes Lives

David

“When my family immigrated to the U.S. from Laos in the early 1980s, we were resettled in the projects by the Neighborhood House. As new arrivals, my parents struggled to provide for our family’s basic needs, such as food. Then we heard that the Neighborhood House helped families like us adjust to the American culture. We visited the food shelf regularly, and we used other Neighborhood House programs—like the English language classes—as core tools for becoming more self-sufficient.

“Today, my parents own a 65-acre farm in Northfield that I help them tend. On weekends at the St. Paul Farmer’s Market, we have the opportunity to sell what we have harvested. Since we’ve begun to do quite well for ourselves, we gladly donate to the Neighborhood House the vegetables that we’ve sown and reaped. It’s the least we can do to give back to the Neighborhood House, which gave so much to us when we first arrived in this country. My parents and I know that our success truly deserves to be shared with others in the community.”

David not only helps his parents with their farm; he is also a pre-med student at Minnesota State University, Mankato. His wish is to continue to give back to the community that gave his family so much.

Michelle

Michelle is a single mother of two who works while attending college full-time. Last January, she found herself unable to pay her monthly rent in full or buy groceries after she missed two weeks of work because she and her children were sick with the flu. Fortunately, Michelle turned to Neighborhood House for help. We were able to provide her with a small grant to cover the January rent shortage, allowing Michelle and her children to stay in their home. Michelle also visited our food shelf the same day and thanks to the generosity of our food shelf donors, she was able to feed her children. With food on the table and the rent paid, Michelle was able to focus on her children and her studies.

Anonymous

“I’m thankful that Neighborhood House is in the community. I lost my job and had no money for food. I didn’t have a car either, so I was happy that I could walk there to get food for my children. Neighborhood House helped me through a hard time in my life.”

“Jim”

“It is such a relief to find someone who not only gives me the food I need but who also helps me believe that things will get better. I’m trying really hard to provide for my boys, and it means a lot to have you all here to walk with me till I get back on my feet.”

“Jim” is a single dad who came in search of food for himself and his two small children.



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Planning Guide for Corporate Employee Food Drives

Getting Started

- ❖ Consult with your company's community affairs office (or the person who decides about the company's participation in activities such as food drives) and gain their support.
- ❖ Gain the personal support of your top management and their commitment to share that support openly with employees. Their public support will boost employees' participation in and enthusiasm for the food drive.
- ❖ CEOs who make appearances and participate in employee food drive events are always affirming. Employees *do* notice.
- ❖ Ask the CEO to send a letter to employees and retirees, asking them to donate to the company's March food drive. Make sure the middle-level managers and team leaders set the pace for giving.

Planning

Recruit your team:

- ❖ Recruit a core group of co-workers to be team leaders.
- ❖ Recruit volunteers to help at events.
- ❖ Enlist retired employees to help coordinate staff events. Many retired employees are happy to help, not only because they enjoy the tasks and are available, but also because helping strengthens their ties to the company and former co-workers.

Make decisions about the structure of your drive and the events you will hold.

- ❖ Brainstorm with your volunteers; divide up duties. Set dates for events and assign tasks.
- ❖ Will you collect food, cash or both?
- ❖ How long will the drive last?
- ❖ Set a goal for your drive. People will strive to reach a goal, so it serves as a motivator. Try setting the goal at a certain number of pounds or dollars per employee, or per department. Update everyone each day or each week to let them know your progress toward the goal.
- ❖ Will the competition be between departments or buildings?
- ❖ Will you offer prizes or incentives? Examples include pizza for the winning department, CEO bringing cookies, creating a silly trophy that is passed to the winners year to year.
- ❖ Consider having a big kick-off event for all employees, or for coordinators only, to begin your company's drive. Kick-off events yield big returns in enthusiasm and increased participation during the drive.
- ❖ For a variety of ideas on fun and interesting food drives, see the resource *Creative Ideas for Food Drives*, available at <http://www.gmcc.org/foodshare/planit.html>

Advertise!

- ❖ Use **e-mail, voice mail messages and your employee newsletter** to publicize internally. Announce the drive, the goal and events. Update employees on progress toward your goal. Place posters strategically to serve as reminders.

Wrap Up

Tally the pounds and dollars collected. Announce your results internally. Celebrate everyone's efforts! Distribute awards.

Deliver the food and cash to the Neighborhood House food shelf. Please call ahead to inquire about the times you can drop off your donations and the drop-off deadline.

Contact: Adam Thompson, Volunteer Services and In-Kind Donation Manager,
Neighborhood House 651-789-2503 or athompson@neighb.org

Additional resources to plan a great March food drive are available at www.gmcc.org/foodshare.



Neighborhood House™

2010 All-Culture Shopping Wish List

Pastes, spices and sauces:

- ❖ Spaghetti sauce
- ❖ Curry paste (yellow, red or hot)
- ❖ Beef and chicken paste
- ❖ Minced or chopped garlic
- ❖ Fish, oyster, chili and soy sauce
- ❖ Salsa, green sauce (tomatillo) and molé
- ❖ Cardamom, cinnamon, cloves, cumin, curry, ginger and red pepper

Noodles:

- ❖ Spaghetti and angel hair pasta
- ❖ Bean thread and rice sticks
- ❖ Mac and cheese
- ❖ Ramen and Mama noodles

Fruits and Vegetables:

- ❖ Jack fruit, mandarin oranges and mango
- ❖ Peaches, pineapple, applesauce and pears
- ❖ Canned juices
- ❖ Whole kernel corn, peas and green beans
- ❖ Straw mushrooms and baby corn
- ❖ Canned tomatoes
- ❖ Green chilies (canned and dry) and jalapenos
- ❖ Dates, raisins and dried fruit

Protein:

- ❖ Peanut butter, peanuts and cashews
- ❖ Dry black-eyed and cow peas
- ❖ Dry pinto, red, black, soy and mung beans
- ❖ Green, brown, and red lentils
- ❖ Canned tuna, chicken, pork or beef
- ❖ Beef stew and chili

Basics:

- ❖ Cooking oil, olive oil, Crisco
- ❖ Flour, maseca (corn flour) and sugar
- ❖ Salt and pepper
- ❖ Coffee and tea
- ❖ Tortillas and taco shells
- ❖ Jiffy mix and yellow cake mix

Breakfast:

- ❖ Hot and cold cereal
- ❖ Pancake mix and syrup

Baby Items:

- ❖ Similac
- ❖ Baby food and fruit
- ❖ Baby cereal

Rice:

- ❖ Basmati
- ❖ Long grained
- ❖ Sweet
- ❖ Jasmine
- ❖ Kokuho

Non-Food:

- ❖ Toilet paper
- ❖ Shampoo and conditioner
- ❖ Laundry, bath and dish soap
- ❖ Diapers
- ❖ Feminine products
- ❖ Grocery bags



Neighborhood House™

2010 Shopping Wish List for African Families

Pastes spices and sauces:

- ❖ Spaghetti sauce (U if contains meat)
- ❖ Curry paste (yellow, red, or hot)
- ❖ Maggi (chicken flavor cube)
- ❖ Minced or chopped garlic
- ❖ Cardamom, cinnamon, cloves, cumin, ginger and red pepper

Noodles:

- ❖ Spaghetti
- ❖ Angel hair pasta
- ❖ Elbow macaroni

Breakfast:

- ❖ Oatmeal

Rice:

- ❖ Basmati

Fruits and Vegetables:

- ❖ Pineapple
- ❖ Peaches and pear
- ❖ Dried fruits
- ❖ Canned juices
- ❖ Dates and raisins
- ❖ Peas and green beans
- ❖ Okra
- ❖ Whole kernel and baby corn
- ❖ Canned tomatoes

Other:

- ❖ Cooking oil
- ❖ Olive oil
- ❖ All purpose and self-rising flour
- ❖ Sugar
- ❖ Salt and pepper
- ❖ Lipton tea
- ❖ Yellow cake mix

Protein:

- ❖ Peanut butter
- ❖ Green, brown, and red lentils
- ❖ Mung beans and cow peas
- ❖ Red beans dry or canned (U)
- ❖ Canned tuna, salmon and mackerel
- ❖ Dry roasted peanuts and cashews

Non-Food:

- ❖ Toilet paper
- ❖ Shampoo
- ❖ Lotion
- ❖ Laundry, bath and dish soap
- ❖ Diapers sizes 4 and 5
- ❖ Feminine products
- ❖ Grocery bags

Please buy with Kosher symbol on the product K or (U)

Thanks for giving a helping hand for those in need!

For more information, please contact
Adam Thompson at 651.789.2503 or athompson@neighb.org



Neighborhood House™

2010 Wish List for Asian families

Noodles:

- ❖ Rice noodles
- ❖ Bean thread
- ❖ Rice sticks
- ❖ Mama noodles

Fruits:

- ❖ Jack fruit
- ❖ Lychee
- ❖ Mango
- ❖ Peaches

Vegetables:

- ❖ Straw mushrooms
- ❖ Bamboo shoots (in glass or can)
- ❖ Sour bamboo
- ❖ Baby corn

Vegetables:

- ❖ Curry paste (yellow, red or hot)
- ❖ Beef paste
- ❖ Garlic paste, bamboo shoots (in glass or can)
- ❖ Asian seasoning packets

Sauces

- ❖ Fish sauce
- ❖ Soy sauce
- ❖ Stir fry sauce
- ❖ Hot Chili sauce
- ❖ Oyster sauce

Meats:

- ❖ Sardines
- ❖ Salmon
- ❖ Tuna
- ❖ Canned chicken

Rice:

- ❖ Jasmine rice
- ❖ Kokuho rice
- ❖ Sweet rice

Miscellaneous:

- ❖ Tofu
- ❖ Fresh soybean
- ❖ Cooking oil
- ❖ Salt
- ❖ Sugar
- ❖ MSG
- ❖ Black pepper
- ❖ Tea
- ❖ Coconut juice
- ❖ Dry egg roll wraps
- ❖ Rice flour
- ❖ Glutinous flour
- ❖ Chicken tenderizer

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Neighborhood House™

2010 Shopping Wish List for Latino Families

Pastes, seasonings and sauces:

- ❖ Spaghetti sauce
- ❖ Beef and chicken cubes
- ❖ Minced or chopped garlic
- ❖ Salsa
- ❖ Molé
- ❖ Salt and pepper
- ❖ Goya, curry, cumin, and onion powder
- ❖ Green sauce (tomatillo)

Noodles:

- ❖ Spaghetti and angel hair pasta
- ❖ Macaroni and cheese
- ❖ Egg noodle
- ❖ Ramen noodles

Breakfast:

- ❖ Hot and cold cereal
- ❖ Pancake mix and syrup

Fruits and Vegetables:

- ❖ Apple sauce, peaches and pears
- ❖ Canned juices
- ❖ Peas and green beans, whole kernel corn
- ❖ Canned tomatoes
- ❖ Chilies and jalapenos (dry and canned)

Protein:

- ❖ Peanut butter
- ❖ Dry pinto, lentils, red and black beans
- ❖ Canned tuna, chicken, pork or beef
- ❖ Beef stew and chili

Other:

- ❖ Vegetable and olive oil
- ❖ Crisco shortening
- ❖ Flour and sugar
- ❖ Ketchup, mayonnaise and mustard
- ❖ Coffee and tea
- ❖ Soup
- ❖ Corn and flour tortillas, taco shells
- ❖ Jiffy mix
- ❖ Maseca (corn flour)

Baby Items:

- ❖ Similac
- ❖ Baby food and fruit
- ❖ Baby cereal

Rice:

- ❖ Long grained

Non-Food:

- ❖ Toilet paper
- ❖ Shampoo
- ❖ Laundry, bath and dish soap
- ❖ Diapers sizes 4 and 5
- ❖ Feminine products
- ❖ Grocery bags

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