



## FOOD DRIVES ARE AN IMPORTANT PART OF FIGHTING HUNGER IN OUR COMMUNITY.

Nonperishable items collected through food drives provide critical meal assistance to individuals and families in need. And when neighbors and friends get involved they're doing more than just collecting food... they're raising awareness about food insecurity in our community, and delivering hope and hunger relief to people in need.

### HOW TO HOST A FOOD DRIVE

- 1 LET US KNOW!** We want to help your food drive be successful, and ensure your efforts make the biggest impact possible. Fill out the online form at [foodbanknwi.org/drive](http://foodbanknwi.org/drive), and our operations department will reach out to help you get started.
- 2 PROMOTE & COLLECT.** Tell your friends, neighbors, coworkers... anyone you can think of about your food drive. Get creative with posters, flyers, social media, or other events to help encourage participation, and collect as much non-perishable food as you can!
- 3 SCHEDULE A PICK-UP OR DELIVERY.** Let us know when your collection ends so we can help your efforts reach the people who need it most.

Email [fooddrive@foodbanknwi.org](mailto:fooddrive@foodbanknwi.org) to schedule a pick-up. Our drivers are busy rescuing food from across the community every day, so please allow at least 48 hours for us to pick up your collection.

You can also drop your collected items off at the Food Bank facility Monday-Friday, from 8:30am to 3:30pm (6490 Broadway, Merrillville).

**FOOD FOR THOUGHT...** Consider holding a fund drive and contributing monetary donations to the Food Bank. Thanks to our organizational purchasing power, we can acquire a lot more food for every dollar you donate than you can buy at the store.

### WHAT KIND OF FOOD SHOULD WE DONATE?

The food you collect and donate will go directly to children, adults, and seniors struggling with hunger in your community. They may be classmates, colleagues, neighbors, or even friends. So the better question is: **what kind of food would you like?** Focus on foods that are nutrient-rich, healthy, and tasty... stuff you would want to eat!

**Canned Proteins** - Canned chicken, tuna, and salmon are good, shelf-stable items that can add much-needed protein to a meal.

**Peanut Butter and Unsalted Nuts** - Peanut butter in a jar, peanut butter on crackers, or a container of unsalted nuts are a delicious, protein-packed lunch or snack.

**Mixes and Cereals made with water** - Many households don't regularly have milk or eggs, so consider boxed meals that can be made with just water. Think oatmeal, cereals, instant rice, or packaged pasta and noodles.

**Canned/Dried Beans, Lentils, Chickpeas** - These are great protein options for vegetarians, and can be used alone, in soups, or as part of a full meal.

**Ready-to-Eat Fruit** - Whether they're used for breakfast, in lunch, or an on-the-go snack, single-serve fruit cups, squeezable fruit sauces, or cartons of dried fruit help kids and families get nutritious servings of fruit year-round.



### STILL HAVE QUESTIONS? CONTACT US.

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