

## GIVING YOUR TIME:



The Food Pantries invites you to share your time, compassion, and talents by volunteering with us and/or one of our member pantries.

### Volunteer

- At a local food pantry
- Be a member of the Outreach Team
- Special Events
  - CANstruction (in April)
  - De-CANstruction (in April)
  - Community Auction (in May)
  - Harvest Evening Committee (in October)
  - Day After Project (Black Friday)
- In the Office
  - Clerical Work
  - Data Entry
  - Phone Calls
  - Bread Sorting
  - Special Projects

**"No act of kindness, no matter how small, is ever wasted."**

Aesop, Greek Fabulist, 620 BC-560 BC

### FOR MORE INFORMATION:

[volunteer@thefoodpantries.org](mailto:volunteer@thefoodpantries.org)

518-458-1167

## The Work of the Coalition



Working together to feed the hungry in our community, The Food Pantries for the Capital District is a coalition of 54 food pantries located in Albany, Rensselaer, and Saratoga Counties, providing food for more than 2.6 million meals annually.

### Our Programs:

- Food Funding
- Holiday Meals Funding
- Food Delivery Service
- Food Rescue
- Food/Fund/Diaper/Hygiene Drives
- Holiday Meals Funding
- Infant Needs
- Member Education/Networking
- Service Referral

Established in 1979, The Food Pantries for the Capital District is a 501(c)(3). For more information on our programs, or how you can help, please visit:

SEFA # 50-00148

CFC # 83501

[www.TheFoodPantries.org](http://www.TheFoodPantries.org)

## Working Together How You Can Help

Ideas & Guidelines



**Serving Our Neighbors  
in Need since 1979**

*Help us feed the hungry!*

32 Essex Street  
Albany, New York 12206  
518.458.1167

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## HOST A FOOD DRIVE:

*We are always in need of food items that are low in fat, sugar, and sodium.*

### Suggested Items to Donate

#### Proteins:

Canned Tuna, Salmon and/or Chicken  
Canned or Dried Beans  
Peanut Butter

#### Vegetables and Fruit (canned):

Green Beans  
Peas  
Mixed Vegetables  
Carrots  
Peaches, Pineapples, Pears, etc.  
Tomatoes  
Canned 100% Juice

#### Starches:

Rice/Pasta (Brown/Whole Wheat)  
Cereals (Whole Grain)  
Oatmeal  
Pancake Mix

#### Meals:

Soups (Lentil, Minestrone, Chicken and Rice)  
Canned Pasta Meals (Ravioli, Spaghetti)  
Chili

#### Other:

Condiments  
Canned Spaghetti Sauce  
Jelly

#### Grow an Extra Row:

When planning your garden, plant an extra row to donate to your hungry neighbors.

*If you plan on collecting perishable food, please make prior arrangements with our office.*

**Foods to Avoid:** Home canned food, outdated food, food without labels, glass jars.

## IDEAS FOR SUCCESS:

### Choose a theme for your Drive!

- **Summer Super Snacks**- healthy kids snacks for when school is out
- **Keepin' It Clean**-much needed hygiene and household products
- **Baby Shower**-diapers, food and formula
- **Food for All**-healthy, non-perishable food items



### Set both a beginning and end date!

- One or two weeks is a typical amount of time for most food drives.

### Advertise your drive!

- Put up fun signs with useful information
  1. Theme
  2. Start and end date
  3. Suggested items to donate
  4. The Food Pantries website [www.TheFoodPantries.org](http://www.TheFoodPantries.org)
- Place Collection Boxes where they will be visible, accessible and clearly labeled

**Please keep filled boxes under 50 pounds**

### Plan for Delivery:

- If more than what would fit in one car is collected, we'll happily pick it up.
- Call in advance to schedule and plan for delivery and/or drop off before you start your drive.

## FOR MORE INFORMATION:

[fooddrive@thefoodpantries.org](mailto:fooddrive@thefoodpantries.org)

518-458-1167

## More Than Food:

### Host a "Baby Shower"

\$1=7 diapers=1 day

\$10=70 diapers=1 week

An Infant Needs collection of diapers and formula to help keep our youngest neighbors fed and dry.



**1 in 3 families in the US report experiencing diaper need**



## Fund Drives:

\$1.00=6.25 pounds of food=5Meals

**\$10.00 = 62.5 pounds of food**

Monetary donations might be an easier way for some people to get involved.

We ask that checks not be put in the boxes with collected food; instead, attach a labeled envelope to the side of your collection box to ensure it won't be lost in transit.

Make checks payable to "The Food Pantries"



## Hygiene Supply Drive:

Think outside the box of pasta and organize a collection of hygiene products.

- Shampoo/Conditioner
- Toothpaste/Toothbrushes
- Male/Female Deodorant
- Bathroom Tissue/Paper Towels
- Bar Soap/Body Wash
- Feminine Hygiene Products
- Laundry/Dish Soap

[www.TheFoodPantries.org](http://www.TheFoodPantries.org)