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! This helps give the dedicated people and the project a sense of completion when you reach your goal. One or two weeks is a typical amount of time for most food drives.

**ADVERTISEMENT YOUR DRIVE!**

- Put up fun signs with useful information
- Select a theme
- Start and end date
- Suggested items to donate
- The Food Pantries website (www.TheFoodPantries.org)

Place Collection Boxes where they will be visible, accessible, and clearly labeled. **Please keep filled boxes under 50 pounds.**

Contact kathy@thefoodpantries.org for information about setting up an online fund drive.

**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. 518.458.1167

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**THE FOOD PANTRIES**

**FOR THE CAPITAL DISTRICT**

**WORKING TOGETHER TO FEED THE HUNGRY**

**SINCE 1979**

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**HOW YOU CAN HELP**

**IDEAS & GUIDELINES**

32 ESSEX STREET, ALBANY, NEW YORK 12206
518.458.1167
WWW.THEFOODPANTRIES.ORG
PANTRIES@THEFOODPANTRIES.ORG
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 more than 65 food pantries located in Albany, Rensselaer, Saratoga, and Schenectady Counties, providing food for more than 3.9 million meals annually.

OUR PROGRAMS:
Food as Medicine
Food Express
Service Referral
Infant Needs
Food Shuttle
Member Support/Education
Volunteer Placement
Food/Fund/Diaper/Hygiene Drives
Food Funding
Holiday Meals

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: THEFOODPANTRIES.ORG
SEFA # 50-00148
CFC # 83501

FOR MORE INFORMATION:
VOLUNTEER@THEFOODPANTRIES.ORG
518.458.1167

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
De-CANstruction
Community Auction
Harvest Evening Committee
Day After Project

IN THE OFFICE:
Clerical Work
Data Entry
Phone Calls
Special Projects

HOST A FOOD DRIVE
SUGGESTED ITEMS TO DONATE:
FOODS LOW IN FAT, SUGAR, & SODIUM

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 Pasta Sauce
Jelly
Can Openers

FUND DRIVES:

$1.00 = 6.25 pounds of food = 5 meals
$10.00 = 62.5 pounds of food

Monetary donations are great way to get involved. We ask that checks be in a labeled envelope attached to the side of your collection box to ensure it won’t be lost. Make checks payable to “The Food Pantries”.

1 IN 3 FAMILIES IN THE UNITED STATES REPORT EXPERIENCING DIAPER NEED.

HYGIENE SUPPLY DRIVE:
Feminine Hygiene Products
Shampoo + Conditioner
Toothpaste + Toothbrushes
Razors + Shaving Cream
Male/Female Deodorant
Bathroom Tissue + Paper Towels
Bar Soap + Body Wash
Laundry + Dish Soap

FOODS TO AVOID:
HOME CANNED FOOD, OUTDATED FOOD, FOOD WITHOUT LABELS, GLASS JARS.

FOODS TO AVOID:

MORE THAN FOOD:
Infant Needs
Diapers (all sizes)
Formula (Gentlease or other)
Baby Wipes

$1.00 = 7 diapers = 1 day
$10.00 = 70 diapers = 10 days

1 IN 3 FAMILIES IN THE UNITED STATES REPORT EXPERIENCING DIAPER NEED.

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.

"NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED."
AESOP, GREEK FABULIST, 620 BC-560 BC

MORE THAN FOOD:

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HOME CANNED FOOD, OUTDATED FOOD, FOOD WITHOUT LABELS, GLASS JARS.

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