



**FOOD BANK  
OF SOUTH JERSEY**  
Food | Nutrition | Sustainability  
*Live Local. Give Local.*




students  
**CHANGE**  
hunger

**BE THE CHANGE IN SOUTH JERSEY**

2018 Students Change Hunger Toolkit



**FOOD BANK  
OF SOUTH JERSEY**  
Food | Nutrition | Sustainability  
*Do it for South Jersey*



Clearview Latin Club  
Supports  
Food Bank of S. Jersey





## ABOUT STUDENTS CHANGE HUNGER

The Federation of New Jersey Food Banks challenges all students, staff, teachers and parents to think of those less fortunate throughout the school year by organizing a food drive at their school, beginning **Monday, September 17 through Monday, December 10.**

New Jersey schools will compete with each other to collect as much food as possible for their local food bank. At the end of the challenge, the schools that bring the most food will be presented with awards by their local food bank.

## ABOUT THE FOOD BANK OF SOUTH JERSEY

The Food Bank of South Jersey provides food to people in need, delivers health and wellness programs, and designs sustainable solutions to help people improve their lives.



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## HUNGER IN SOUTH JERSEY

**197,000** PEOPLE LIVING IN FOOD INSECURE HOUSEHOLDS IN SOUTH JERSEY.



**1 IN 5** CHILDREN ARE FOOD INSECURE

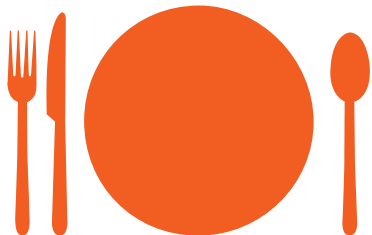
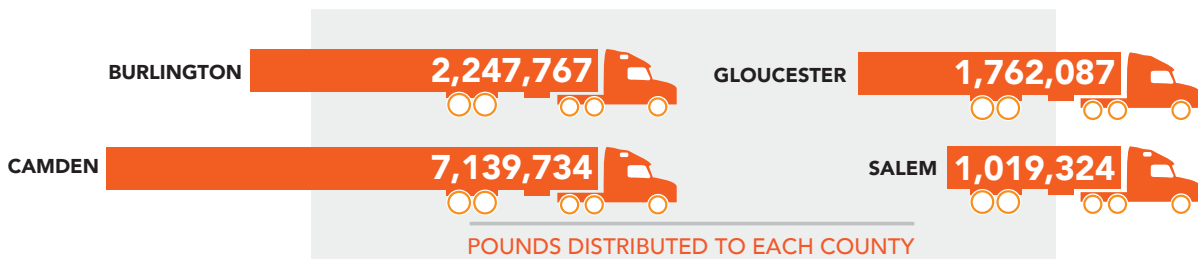


**20,000**

SENIORS HAVE THE DIFFICULT CHOICE BETWEEN PAYING FOR FOOD OR PAYING FOR THEIR MEDICATION

## THE FOOD BANK OF SOUTH JERSEY'S IMPACT

In 2017, we distributed over 12 million pounds of food - the equivalent of 10.2 million meals - to children, families, seniors and veterans in South Jersey.



**1.9 MILLION MEALS** delivered to BURLINGTON.

**6.0 MILLION MEALS** delivered to CAMDEN.

**1.4 MILLION MEALS** delivered to GLOUCESTER.

**900 THOUSAND MEALS** delivered to SALEM.

### SUMMER MEALS IN EACH COUNTY



**44,288**

MEALS IN BURLINGTON



**218,647**

MEALS IN CAMDEN



**82,955**

MEALS IN GLOUCESTER



**49,889**

MEALS IN SALEM



## HOW STUDENTS CAN MAKE A CHANGE

In 2017, the Food Bank of South Jersey distributed over 12 million pounds of food - the equivalent of 10.2 million meals - to children, families, seniors and veterans in Burlington, Camden, Gloucester and Salem County. Students Change Hunger is a crucial part of the food we send out to the food-insecure residents of South Jersey. With your help, we can deliver MORE meals to more children, more families, more seniors and more veterans in South Jersey!

Register your school at [StudentsChangeHunger.org/register-now](https://StudentsChangeHunger.org/register-now) TODAY!

## RULES

### STUDENTS CHANGE HUNGER HAS 10 SIMPLE RULES TO FOLLOW:

1. Schools must register for the competition at [StudentsChangeHunger.org/register-now](https://StudentsChangeHunger.org/register-now) to qualify for awards.
2. Food may be donated on or between the dates of **MONDAY, SEPTEMBER 17 - MONDAY, DECEMBER 10.**
3. The food must be delivered to the Food Bank of South Jersey.
4. Schools must provide their own boxes/bins to store goods until delivery.
5. When a food donation is made to the Food Bank of South Jersey, a Poundage Receipt must be filled out. See page 6.
6. **Donations that are made prior to November 1st get a 10% weight bonus.**
7. Bottled water and frozen turkeys cannot be donated.
8. All other non-perishable food items are accepted.
9. Schools are responsible for checking "expired" dates on food prior to delivery.
10. For every dollar that your school raises, we will credit your school with one (1) pound of food. Start an online fundraising page at [donate.foodbanksj.org/students2018](https://donate.foodbanksj.org/students2018)

*Note: In the event of a tie, a pounds-per-student ratio will be utilized to determine the winner.*

## MOST NEEDED ITEMS

### HIGH PROTEIN ITEMS:

Peanut butter  
Canned tuna or salmon  
Canned chicken or ham  
Beans – canned or dry  
Peanuts, sunflower seeds, almonds

### FRUITS & VEGETABLES:

Vegetables (canned)  
Fruit (canned)  
Fruit cups  
Applesauce  
Dried fruit (raisins, cranberries, prunes)

### MIXED ITEMS:

Macaroni & cheese  
Canned soups  
Canned stews, chilli  
Ravioli, Spaghettios, etc.  
Granola Bars

### BREADS & CEREALS:

Breakfast cereals (whole grain)  
Oatmeal  
Rice  
Pasta (whole grain)  
Pancake mix

### HOLIDAY ITEMS:

Stuffing mix  
Cranberry sauce  
Instant mashed potatoes  
Gravy  
Canned pie fillings

We **CANNOT** accept previously-opened containers, repackaged or home-made items.





## POUNDAGE RECEIPT FORM

<b>SCHOOL NAME</b>		<b>DATE OF DELIVERY</b>	
<b>TOWN</b>		<b>COUNTY</b>	
<b>SCHOOL TYPE:</b> PLEASE CHECK ONE <input type="checkbox"/> Preschool <input type="checkbox"/> High School <input type="checkbox"/> Elementary <input type="checkbox"/> College <input type="checkbox"/> Intermediate		<b>DIVISION:</b> PLEASE CHECK ONE <input type="checkbox"/> 1 (1-50 students) <input type="checkbox"/> 4 (401-800 students) <input type="checkbox"/> 2 (51-150 students) <input type="checkbox"/> 5 (801-1500 students) <input type="checkbox"/> 3 (151-400 students) <input type="checkbox"/> 6 (1501+ students)	
<b>DELIVERED BY:</b> PRINT CLEARLY			
<b>PHONE NUMBER:</b>		<b>EMAIL:</b>	
<b>SIGNATURE:</b> By signing, you verify that no turkeys or bottled water are included in this delivery.			

**TO BE COMPLETED BY FOOD BANK OF SOUTH JERSEY**

<b>WEIGHT:</b>	<b>10% BONUS WEIGHT:</b> FOR FOOD DELIVERED PRIOR TO NOV. 1ST
	<b>TOTAL:</b>
<b>FBSJ EMPLOYEE SIGNATURE:</b>	



## HOW TO START A FOOD/FUND DRIVE

1. Form a student-run team or committee with a teacher, parent or faculty member to help.
2. Choose a fundraising goal and come up with creative ideas to raise food and funds
3. Choose Dates between September 17th - December 10th.  
Remember any donations delivered before Nov. 1st will get a 10% bonus!
4. Secure a location
5. Get the word out!  
Use flyers, social media (tag us @foodbankSJ), morning announcements, call local news and radio stations, etc
6. Contact the Food Bank of South Jersey to set up a time to drop off donations.

## FOOD DRIVE IDEAS!

At the Food Bank of South Jersey, we want your school to raise the most food because it will enable us to reach MORE people! In addition to a traditional food drive, you and your classmates can use these helpful fundraising ideas to boost your fundraising goals, but don't let these suggestions stop you from getting creative.

### GET CREATIVE

#### FOOD FIGHT

Upper classmen vs Lower classmen, Seniors vs. Juniors, class vs. class! Whatever the matchup, the team to raise the most food wins! Wins what? A trophy, bragging rights, or whatever you decide. #FoodFight

#### DECORATE A FOOD BIN COMPETITION

Get creative by having teams design their own food bins to collect donated items. A winner will be crowned based on design and the amount of food collected! Add bonus points with a Photo Challenge. The team to capture the best location and set up of their bin, wins bonus points in the competition. Donations will be delivered to the Food Bank of South Jersey.

#### FILL THE BUS

Get the whole school involved in this effort to raise food for your team! Secure a bus because your school will be filling it with donated items to be delivered to the Food Bank of South Jersey. #FillthatBus

#### DRIVE IN MOVIE

Borrow or rent a projector to play a universally-loved film. Project the movie onto the side of a building or a large bedsheet and use a PA system for the audio. Is parking an issue? No worries! Encourage movie goers to bring chairs and blankets or have the event in an auditorium. Charge a bag of donated food items for admission. After the event, deliver donated food to the Food Bank of South Jersey. #MovieNightFundraiser

#### SING IT

Warm up those vocal chords! Serenade any individual who drops a food donation in your bin. For every item, you or a group will begin to sing another verse or a new song. Can't sing? Play an instrument, rap or perform a dance of your choosing. Prepare to entertain as you make a difference in your community. All donations will be delivered to the Food Bank of South Jersey. #SingIT





## FUND DRIVE IDEAS!

At the Food Bank of South Jersey, we want your school to raise the most funds because for every dollar raise, a credit of one (1) pound will be added to your grand total! In addition to a traditional food drive, you and your classmates can use these helpful fundraising ideas to boost your fundraising goals. Don't let these suggestions stop you from getting creative. Have FUN and get fundraising!

### GET CREATIVE

#### PIE TO THE FACE FUNDRAISER

The name says it all! Choose a few lucky participants to take a pie to the face when you reach your fundraising goal! Choose a date and fundraising goal, secure a location, bake some pies and get the word out. Don't forget to capture this event by going LIVE on Facebook or record to show on the morning announcements! Deliver funds to the Food Bank of South Jersey. #PietotheFace

#### DUCT TAPE FUNDRAISER

This fundraiser is perfect to stick to any event already scheduled at your school! Ask for a space next to a wall, have pre-cut strips of duct tape available and for every dollar donated, donors can place a piece of duct tape to secure a volunteer student or faculty member onto a wall. Deliver funds to the Food Bank of South Jersey.

#### BATTLESHIP!

Have access to a large pool and a few canoes? Battleship takes the classic board game and puts it into action. Teams of four must navigate a canoe (the battleship) around a pool in an attempt to sink the other battleships. In order to do this, teams are armed with only buckets and boogie boards. The goal is to use those items to place water in the other battleships which will eventually cause them to sink. Use the boogie boards to deflect any water away from your ship! Charge a donation of food or funds to register for the competition and/or to enter the event. All donations will be delivered to the Food Bank of South Jersey.

#### EMPTY BOWLS

Calling all aspiring artists! Have your art teachers instruct students to create bowls that can be sold for a donation at an Empty Bowls Event. Students can then cook up different soups and chilli to serve to attendees that purchase a bowl. Once finished, attendees can take their bowls home to enjoy while knowing they made a difference in their community. All donations will be delivered to the Food Bank of South Jersey.

#### ONLINE FUNDRAISING

It's the easiest way to reach the most people! Visit [donate.foodbanksj.org/students2018](https://donate.foodbanksj.org/students2018) to create a fundraising page. Post the link on social media. Send the link to family and friends. Get the word out! Funds will be delivered automatically to the Food Bank of South Jersey.



## GET THE WORD OUT!

Whether it's on Facebook, Instagram or SnapChat get the word out that your school is raising food and funds for Students Change Hunger! Use your school's resources to inform other students, parents and faculty as well. Don't forget to mention the Food Bank of South Jersey or tag @foodbankSJ in your social media posts. We'll share your posts with our followers to ensure the most people hear about how students at your school are changing hunger in South Jersey!

## SAMPLE POSTS

There are 57,000 children in South Jersey who are food-insecure. With your help we can make sure no child goes to bed hungry! #StudentsChangeHunger [FUNDRAISING PAGE URL] @foodbankSJ

From [DATE] to [DATE] we will be collecting food that will benefit @foodbankSJ. Stop by today and drop off a non-perishable food item that will go towards a family in need! #StudentsChangeHunger [INSERT IMAGE]

Help us #FilltheBus on [Date] with non-perishable food items! Donations will be delivered to @foodbankSJ to fight hunger in South Jersey! #StudentsChangeHunger [INSERT IMAGE]

A little goes a long way! Help @foodbankSJ feed those in need in South Jersey by visiting [FUNDRAISING PAGE URL] #StudentsChangeHunger

A \$10 donation provides 50 meals to hungry children, families, seniors and veterans in South Jersey! Visit [FUNDRAISING PAGE URL] #StudentsChangeHunger

## FOLLOW THE FOOD BANK OF SOUTH JERSEY



## CONTACT US

Have additional questions?

Food Bank of South Jersey  
1501 John Tipton Blvd.  
Pennsauken, NJ

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foodbankSJ.org



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## FAQ

### **Who can participate?**

Any school in the state of New Jersey may participate in the competition, public or private.

### **Does the donated food stay in my area?**

Yes! All donations made to the Food Bank of South Jersey, stay in South Jersey.

### **What is a food bank and how does it differ from other feeding organizations?**

A food bank is a large feeding organization that stores and distributes vast amounts of food to smaller feeding organizations. All federal (USDA/TEFAP) and state (SFPP) food are first given to your local food bank. The food banks then distribute this government food, along with food from local donors, to smaller organizations. Food Banks call these smaller organizations community partners or partner agencies. These agencies could be any type of feeding organization such as a Food Pantry, Soup Kitchen, Shelter, After School Feeding Program, Senior Feeding Program, etc. The food then gets distributed by the Agencies to people in need (we refer to these people as Clients). In 2017 the Food Bank of South Jersey delivered 12 million pounds of food to the 197,000 food-insecure residents in Burlington, Camden, Gloucester and Salem County.

### **What is the NJ Federation of Food Banks?**

There are five food banks in the state, and they make up the Federation. They are the Community FoodBank of NJ, Fulfill, the **Food Bank of South Jersey**, Mercer Street Friends Food Bank, and NORWESCAP Food Bank. They are all members of the nation's largest hunger-relief organization, Feeding America. Combined, the Federation feeds around 1 million New Jersey residents.

### **How do I know when and where to drop off the food?**

When you register your school, an e-mail will automatically be sent to the food bank that supports your county. They will contact you and advise what their hours of operation are, and answer any other questions that you may have.

### **How can I learn more about hunger in NJ and the U.S.?**

There are a lot of resources about hunger. One of the best resources is Feeding America's website, where You can see a study they conducted called Map the Meal Gap. You can also visit [foodbanksj.org/about-hunger-in-south-jersey](http://foodbanksj.org/about-hunger-in-south-jersey) to learn about Hunger in South Jersey or see page 3.

### **What is the Governor's Cup?**

At the end of the competition, all of the food banks will select five schools from their area to compete for the Governor's Cup. The criteria will be based on the weight donated, but also school spirit and active participation throughout the competition. One school will then be chosen to be the Governor's Cup winner.

### **What are the Governor's Cup rules?**

There are 10 simple rules to the competition. See page 4

### **How are the Students Change Hunger awards determined?**

Schools are divided into divisions based on their student population. Awards will be given to the school donating the most weight in each division.