



How Much Time Do You Have to Fight Hunger?

Here are great ideas for families, groups & individuals!



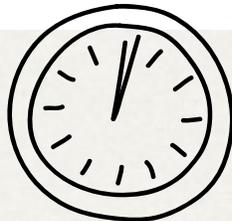
One Minute?
One Hour?
One Day?
One Week?
One Month?

Our community is not immune to hunger. Financial and food donations are absolutely critical to our work to end hunger in Santa Clara and San Mateo Counties.

Whether you are an individual, family, classroom, civic, corporate or faith-based group, you can make a tremendous impact in the lives of the people we serve. **You can help end hunger in our community.**

Check out our volunteer opportunities on SHFB.org to make a big difference! Here are some other ideas on how to alleviate hunger, no matter how much time you have:

1 Minute



- Second Harvest Food Bank is focused on what matters: that everyone who needs a meal in our community has access to one today and every day. Your gift connects hungry children, families and seniors to nutritious food in the neighborhoods where they live, learn, work and play. As one of the most efficient nonprofit organizations in the nation, we turn every \$1 of your gift into 2 nutritious meals. www.SHFB.org/DonateNow

- We also have pre-written messages you can use to encourage your friends and family to donate. Have a competition between friends, classes, or clubs and reward the winners with a party or prize.

- Make the Food Bank part of your online community. You care about ending local hunger, so tell the world! **LIKE AND FOLLOW US** on social media:



SHFB.org

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1 Hour



- **DONATE FOOD!** Food donations allow us to provide our clients and partner agencies a diverse selection of nutritious food items. Donated items are sorted by volunteers and put into our inventory for distribution throughout two counties.

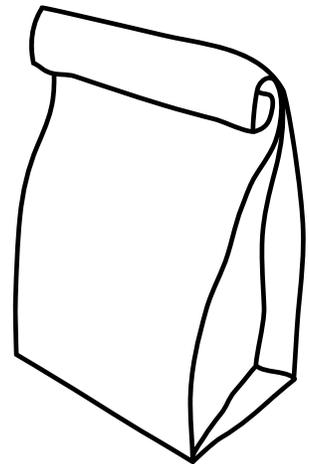
We respectfully request that you do not donate items packaged in glass and that you do not purchase bulk quantities of rice, flour, or sugar for donation. If you have questions about items to donate, please call our **Donor Hotline at 866.234.3663**. Donations can be brought to any of our 3 locations (addresses listed on back).

- **ASSEMBLE FOOD BAGS** for families in need. Food items must be non-perishable and could consist of a meal for breakfast, lunch and dinner.

-**Breakfast Items:** low sugar dry cereal, canned fruit, breakfast bars, pancake mix, syrup, canned or dehydrated milk

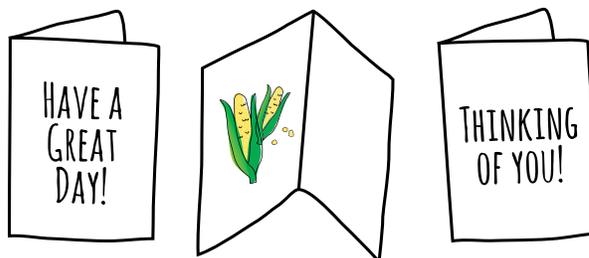
-**Lunch Items:** meals in a can (chili, soup, stew), tuna, crackers, peanut butter, healthy snack bars, fruit roll ups, juice boxes (100% fruit juice)

-**Dinner Items:** spaghetti or plain pasta, spaghetti sauce (canned or in jars), canned vegetables, muffin mix, canned fruit (packaged in juice), canned juice (100% juice)



- **SAVE LARGE BROWN GROCERY BAGS.** These are the bags we fill with food and give to the seniors in our Brown Bag program. A young artist can use his or her imagination and create colorful grocery bags to brighten a senior's day.

- **MAKE COLORFUL CARDS** for us to share with the seniors and families who receive food from us. What a nice surprise for them to find a handmade card inside their bag of groceries! We respectfully request that the cards be non-religious in nature as we work with a very diverse group of clients and agencies.



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1 Day



- HAVE A PARTY!** We know that all food equals fun. Why not turn your next event into a food, fund, and awareness-raiser? Invite your guests to donate non-perishable food or make a financial contribution to attend. Birthdays are great for this as guests can donate food or money in lieu of gifts.

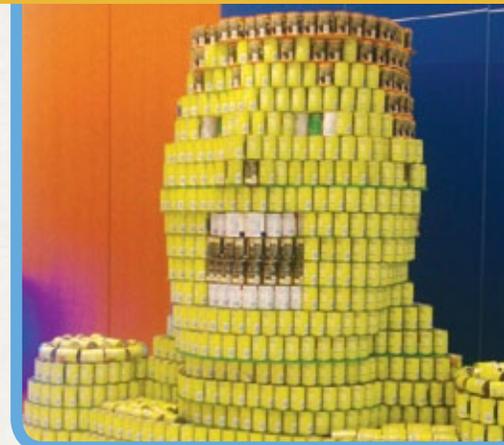
-Take it a step further and host a hunger banquet or empty bowl event to educate your friends about community hunger while raising funds.

- HOST A BAKE SALE OR A YARD SALE** and donate the proceeds to Second Harvest Food Bank. If space or time are concerns, sell your items on Craigslist or eBay and donate the proceeds.
- Teachers, **DO A UNIT ON NUTRITION AND HUNGER** and encourage students to educate their peers, neighbors and families on the effects of malnutrition. This is a great way for youth to understand the disadvantages that low-income students have when it comes to food choices and healthy eating.

HOST A FOOD AND FUND DRIVE any time of the year. It's easy, fun and rewarding! Some drives last one day while others last a month or more - whatever works for you, your company, your friends or your family. We provide all of the materials you need! Get started today at [SHFB.org/FFD](https://www.shfb.org/FFD)

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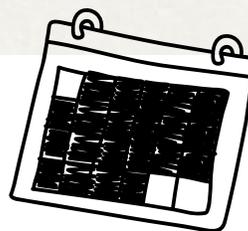
1 Week



- Hold a **“PENNY WAR”** between classes or groups and donate the funds collected to Second Harvest. Provide incentives or prizes to the winning group.
- PLAY WITH YOUR FOOD!** Can sculptures are a great way to have fun uniting your group with some friendly competition. Set up teams to design and create life-size sculptures constructed of non-perishable food items. Each “team” can coordinate the purchase and assembly of nutritious products (often chosen for shape and color). On the challenge day, the structures go up and the best one wins! Invite a Food Bank staff member to judge the sculptures and encourage participants.

-Afterward, all food is donated to Second Harvest Food Bank. Share your successes with us. Your idea might inspire someone else to support the Food Bank!

- CREATE AND SELL A COOKBOOK** with low cost and healthy meals --- donate the proceeds to Second Harvest!



1 Month

- PROMOTE HEALTHY WEIGHT LOSS** by donating the equivalent of pounds you are losing. Pledge \$1 or a pound of food for every pound you lose.
- HARVEST YOUR TALENTS.** Our community needs you - your talents, skills, or interests can help fight hunger. Get creative and get started today!



SHFB.org

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