

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
 - ◆ Unloading, sorting, packing food
 - ◆ Greeting Guests, helping with intake
 - ◆ Home deliveries
 - ◆ Special Projects
- Tabling at Community Events with TFP
- TFP Special Events
 - ◆ CANstruction (April)
 - ◆ De-CANstruction (April/May)
 - ◆ Harvest Evening Committee (Sept/Oct)

FOR MORE INFORMATION:

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 more than 70 food pantries located in Albany, Rensselaer, Saratoga, and Schenectady Counties, providing food for more than 4.3 million meals annually.

Our Programs:

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

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:

www.TheFoodPantries.org

SEFA # 50-00148

The Food Pantries for the Capital District

Working Together to Feed the Hungry
Since 1979



How You Can Help Ideas & Guidelines

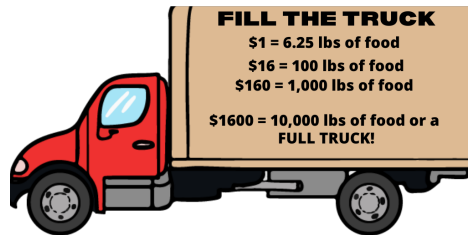
Help us feed our neighbors!

**32 Essex Street
Albany, New York 12206
518.458.1167**

www.TheFoodPantries.org

Host A Food & Fund Drive:

Fill a Truck Fund Drive



*Graphics available for this drive by emailing
aweber@thefoodpantries.org

Make checks payable to
"The Food Pantries" or visit our website for online
payment options.

Food/Fund Drive

We are always in need of food items that are low in fat, sugar, and sodium. We also greatly appreciate food items that reflect the cultural diversity of the Capital District.

Suggested Items to Donate

Proteins:

Canned Tuna, Chicken, Salmon
Peanut Butter, Dried Beans

Vegetables and Fruit (canned):

Green Beans, Peas, Carrots, Peaches, Pears, etc
Canned 100% Juice

Starches:

Brown Rice, Whole Wheat Pasta, Whole Grain
Cereal, Oatmeal, Pancake Mix

Meals:

Healthy Soups, Canned Pasta Meals, Chili

Other:

Condiments, Spices, Tomato Sauce, Jelly, Can
Opener

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, culturally relevant, 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.

Promote your drive!

- Put up fun signs and post on social media with useful information
 1. Theme
 2. Start and end date
 3. Drop Location / Contact info
 4. Suggested items to donate
 5. 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*

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:

pantries@thefoodpantries.org

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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**

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.*

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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

