

KAUAI INDEPENDENT FOOD BANK
FOOD & FUND DRIVE
TOOL KIT

**CHECK OUT WHAT
ELSE IS INSIDE:**

THE REALITY OF HUNGER

KIFB DURING COVID-19

HOW TO PLAN A SUCCESSFUL FOOD DRIVE SAFELY





THE REALITY OF HUNGER

HUNGER EFFECTS THE BODY PHYSICALLY AND MENTALLY

Hunger...

- Delays development on the cognitive, social and emotional level. This includes reading, language, attention, memory and problem-solving capabilities.
- Shrinks the heart. Literally. So it has to work harder to pump blood - which your body can't make enough of. Additional problems in the bones and organs can occur also.

The COVID-19 pandemic has brought new challenges to food security across the U.S. Access to healthy food options and nutrition are important to overall physical and mental health and well-being. Food insecurity is expected to continue to increase for many households with more children not attending childcare and school in-person (a source of nutritious meals for many students) and with changes in employment status during the COVID-19 pandemic.

Hunger does not only effect those in third world countries, but also right here in the Garden Isle.

- 6,950 people suffer with hunger on Kauai.
- Average meal cost \$3.58
- Annual Food Budget Shortfall \$4,209,000

- 2,100 households received Food Stamps/SNAP benefits
- In 2014, more than one in five children on Kauai, (approximately 3,350 total) experienced times when they did not get enough food or adequate nutrition.

- These keiki not only experience hunger, they are far more likely to eat unhealthy food because their parents feel compelled to choose the cheapest options.

Across America, seniors are increasingly likely to be isolated and unsure of where to go for help. One in six seniors now face the threat of hunger. These problems are exacerbated in rural areas like Kauai, where the population of seniors is growing at a significantly higher rate than the total population. According to the latest census figures, one in four people on Kauai are age 60 or older, totaling more than 16,000 people in 2014.

As a closely knit community on Kauai, we can address the issue of hunger together. You can be part of this effort to aid those struggling with hunger by participating in our food and fund drive.



KIFB DURING COVID-19

You may have seen the numbers: From March to April, KIFB has seen a 476% increase in total pounds distributed. With so many families visiting the food bank for the first time, you may be wondering what food banks need. Should you start a food & fund drive?

We've got some do's and don'ts about what KIFB needs right now (and what's best to avoid) as we ensure our ohana has enough food to eat during the pandemic and beyond.

DO: MAKE A MONETARY DONATION

It might sound simple, but right now, monetary donations are the most useful and efficient way to support KIFB. These donations give us the flexibility and funds to respond wherever the need is highest. Whether that's purchasing more food to meet the demand, hiring more staff, setting up new meal distributions, or simply putting gas into delivery trucks, cash ensures that we can meet the demand on our community.

DON'T: BE AFRAID TO ASK WHAT IS NEEDED

In this unprecedented situation, what we specifically need might be different from week to week, or may differ from what we needed in the past. Follow us on Facebook or Instagram for the most up-to-date info on what we need.

DO: START A FUND & FOOD DRIVE

In general, donating funds over food is the way to go when supporting KIFB. But that rule of thumb is even more relevant now as sorting and packing food drive donations is incredibly time-sensitive for us, and this may not be possible with limited staff due to the pandemic. If your organization is committed to holding a food and fund drive, set the food aside (making sure it won't expire) and donate your collection when it is safe to do so.

DO: HAVE ALL THE FUN OF A FOOD & FUND DRIVE, WHILE SOCIAL DISTANCING

Follow all Federal, State and County mandates related to group gatherings.



HOW TO PLAN A SUCCESSFUL FOOD & FUND DRIVE

GET SUPPORT

- Get approval of your organization's participation in the food & fund drive with your President, CEO, etc.
- If your organization includes multiple locations or departments, designate a Food Drive Coordinator for each location or department. Create a schedule for frequent communication among coordinators.

PLAN AHEAD

- Decide if you will collect food, raise funds, or both.
- Determine the start and end dates for your drive.
- Designate collection/storage areas for the donations.
- Establish an overall goal for your organization and/or an individual goal for each employee. For example, 50 pounds of food per person, \$50 per person, or 100% participation.
- Schedule a pick up in advance.

GENERATE ENTHUSIASM AND PARTICIPATION

- Raise awareness and increase participation by using creative flyers, emails or newsletters to advertise throughout your organization.
- Create added incentives to make it fun.
 - Department competitions with awards/prizes
 - In-house prize drawings with entries accepted for every food item or \$1, \$5, etc.
 - Use progress charts or thermometer displays for monitoring.

SECURE COLLECTIONS AND DROP-OFF ARRANGEMENTS

- For tax deductions for cash or check donations of \$249 or less, a cancelled check will satisfy IRS documentation.
- For tax deductions for cash or check donations over \$250, a receipt must be requested from KIFB. Full names and addresses must be provided to satisfy IRS documentation.

- Fill out a "Food Drive Donation Tracking Sheet" and affix this on over box of food or envelope of money turned in to KIFB. This is VERY IMPORTANT to ensure you get proper credit for your donations.
- Call (808) 246-3809 ext. 2 to schedule a pick up if needed, and please collect loose food items in boxes that facilitated easy pickups.
- Call us if you have further questions or concerns. We will do our best to help you with the materials and guidance you'll need to achieve your goals.

HELPFUL WAYS TO MAKE YOUR FOOD DRIVE FUN!

INTERNAL CONTESTS

- Create friendly competitions between different department and/or locations within your organization to increase participation

POUNDS OF PROTEIN COMPETITION

- Have a competition to see what department can bring in the most pounds of protein-packed food. The winner can have an ice cream, donut or pizza party.

PERCENTAGE OF SALES

- Designate an amount from your company's sales for a certain period of time that will be donated to KIFB.

IN-HOUSE PRIZE DRAWINGS

- Make a donation and enter your name into a drawing to win fun prizes. No limit to number of entries per person, 1 entry slip accepted for every food item or every \$1 or \$5.





Most Needed Food Items for Keiki & Kupuna



RICE & GRAINS IN BAGS & HEAT/SERVE CONTAINERS

PASTA & PASTA SAUCE



PROTEINS & SEED/NUT BUTTERS

LOW SODIUM SOUPS & STEWS



LOW SODIUM VEGETABLES & FRUITS IN WATER OR 100% JUICE

HOT & COLD CEREAL LARGE & SINGLE SERVING



SHELF-STABLE MILK LARGE & SINGLE SERVING

SUPPLEMENTS FOR KUPUNA

**PLEASE SUPPORT
KAUAI'S OWN
LOCAL FOOD BANK**



**Island Wide
Holiday Food & Fund Drive
October 1 - December 31**



***SUPPORT KIFB
PROGRAMS***

Keiki Café

Backpack

Kupuna (Senior)



HELP FEED

KAUAI'S

KEIKI TO

KUPUNA