

## Giving back in 2020

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No matter what time, what month, or what year, giving back to your community is always an important thing to do. However, 2020 does present new challenges in giving back. While it is still very important to do so, it is equally important to ensure you are also doing it safely. The last thing you want to give someone is a disease, so it is essential that not only you can give back but that you can also give back safely.

What is the significance of giving back to your community? Whether donating or volunteering or any other similar action, giving back to any community can directly help those in need. It can help you widen your perceptions of the world and allow you to get to know people better. Donating and or volunteering can also give you a sense of purpose and can also boost your satisfaction and self-esteem, along with reducing the symptoms of depression. Some older adults who volunteer have also been shown to be less likely to have high blood pressure, decreasing the risk for heart disease or stroke. Experiences you have when volunteering could also help you get a better job in the future. Also, without volunteering, many services and events that you might enjoy in a community may not exist.

How can you give back to a community? Volunteering is a great option, as it can directly help others and can give you more experience. Donating is also a very effective option to help others. Whether donating to charities, fundraisers, or other similar events, it can be a great choice if you want to help but do not have the time to volunteer. Food drives are also a great way to give back to any community. In fact, *Ivymount* currently has an ongoing Canned Food Drive that people can donate to.

How does the *Ivymount* food drive work? You can drop off canned foods on **Monday-Friday between January 11<sup>th</sup> to February 12<sup>th</sup>**. Below are details about examples of canned foods that can be donated. You can donate at the *Ivymount* school building, in the front lobby, and the donations go to Manna Food Center serving and supporting Montgomery County Residents.

Now, what food can you donate to the food drive? Most foods that are in some sort of container can be donated. Foods that need outside ingredients to be eaten appropriately (such as pasta) are allowed too.

A short list of allowed foods is:

1. Canned Food
2. Protein Bars
3. Peas
4. Beans (canned or dried)
5. Canned vegetables (low-sodium or water-packed)
6. Canned chili
7. Canned tomato products (crushed, peeled, diced, etc.), 4oz – 1 lb
8. Canned meat (chicken, beef, turkey, or seafood), 2oz – 15oz
9. Rice, 16oz packages
10. Spaghetti sauce, 14oz – 1 lb (ideally in cans instead of glass)
11. Canned fruit (packed in fruit juice instead of syrup) 11oz – 20oz
12. Dried or canned beans (black, kidney, pinto, etc.)
13. Dried fruit or vegetables (no added sugar or fat)
14. Shelf-stable milk or non-dairy alternatives such as soy and almond milk are excellent Vitamin D and calcium sources. Also, shelf-stable dehydrated milk and canned evaporated milk are encouraged.
15. Pasta
16. Fruit juice (100% juice) 32oz – 64oz
17. New or Clean Reusable Grocery Bags 8 ½ x 14 x 15

These are all products with a long shelf life and won't go rotten for a long time. This fact makes it much easier to transport the foods where they need to be.

However, a list of things you *can't* donate is:

1. Raw meat
2. Fresh Fruit
3. Fresh Vegetables

These products have a short shelf life when not refrigerated. This makes it hard for them to be donated because they might become rotten before they reach their destination.

Now just because a food item isn't on the list of allowed foods doesn't mean you can't donate it. The list is just an example of foods that are allowed.

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We would be happy to hear from you!