



COMMON HEART

FOOD DRIVE TOOL KIT

**Thank
you**

for your interest in organizing a food drive to provide nutritious groceries as a lifeline for people in our community. You are a big part of this small revolution of kindness!

1) Determine Participation Level

- family, club, workplace, friends, neighborhood, scout troop, sports team, youth group, congregation, etc.

2) Determine Logistics

- start and end dates
- central location for donation drop off
- transportation of goods to Common Heart

3) Register Your Food Drive

- Register Food Drive HERE: <https://forms.gle/pQS8rQvrnKRnBkUi9>

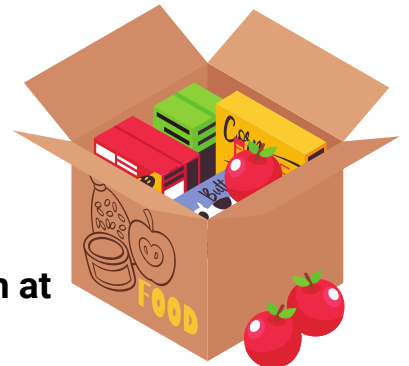
4) Promote Your Food Drive

- Use social media, websites, fliers, bulletins, posters, and word of mouth to spread the word about your drive!
- Tag us in your social posts!

 ◦ @TheCommonHeart

 ◦ @common.heart

- Need additional promotional materials? Email Elizabeth at partnerengagement@commonheart.org



5) Start collecting and have fun!

- Remember to contact us to let us know when you plan to drop off what you collected! Call 704-218-9060.

TIPS ON GETTING DONATIONS

- Ask birthday party guests to bring canned goods
- Reach out to your neighborhood, sports teams, churches, school, clubs, and any other groups you're involved in!
- Reach out to the advisor of the National Honor Society or National Junior Honor Society at your school to see if they will promote your food drive
- Make it a contest!
 - create a drawing which those who donate are entered in for a prize
 - split into teams and the team with the most donations wins a prize
- Set up a lemonade stand with proceeds donated to Common Heart

PRIMARY FOOD DRIVE ITEMS

- Cereal or oatmeal (especially low-sugar & high-fiber)
- Canned tomatoes
- Pasta sauce
- Canned soup
- Canned beans
- Canned meat (tuna, chicken, etc)*
- Canned vegetables (any kind, especially no salt added)
- Canned fruit (any kind, especially no sugar added)
- Pasta (especially whole wheat)
- Rice (especially brown)
- Macaroni & cheese
- Peanut/almond butter
- Jelly
- Canned ravioli/canned spaghetti
- Canned chicken noodle soup
- Ensure, Boost & other protein drinks

SPECIAL DIETARY ITEMS (HIGH PRIORITY)

- No salt added (green beans, spinach, asparagus, beets)
- No sugar added canned fruit
- No sugar added (tomato sauce, peanut butter, jelly)
- Wheat/grain (brown) pasta/rice
- Ensure/Boost meal replacement drinks
- Gluten-free items
- Heart healthy whole wheat cereals
- Cheerios - plain or honey nut
- Shredded Wheat
- Bran Flakes or Raisin Bran
- Fiber One
- Special K
- Plain Oatmeal
- Seeds (Sunflower, Pumpkin, Flax)
- Any kinds of nuts (almonds, pecans, etc)
- Dry Beans (Kidney, Black, Pinto)
- Low Sodium Canned Beans (Kidney, Black, Pinto)
- Canned Meats(tuna, chicken) in water only
- Chickpeas & lentils
- Canned soups - Broth based, Cream of... under 30 grams carbs