



**OZARKS  
FOOD HARVEST**  
THE FOOD BANK



**FOOD FIGHT**

**FOOD & FUND DRIVE GUIDE**

**Give Time. Give Money. Give Food. Give Hope.**

*Transforming Hunger into Hope™*

[ozarksfoodharvest.org](http://ozarksfoodharvest.org)



# Plan for Success

Make it fun, simple, and convenient for donors.  
Register your food drive at [ozarksfoodharvest.org/foodfight2016](http://ozarksfoodharvest.org/foodfight2016).

This year, **SPS Food Fight will kick off on Thursday, September 15 and wrap up on Monday, October 31.**

Schools may participate for any or all of that time frame depending on what works best with their existing school calendar of events.

1. **Appoint your school's food/fund drive leader.** Whether it's your student council, PTA, school counselor or other school club, empower your students and faculty to be part of the drive's success.
2. **Find out how many students are in your school.** The Food Fight competition is based on pounds per student to keep the results fair.
3. **Determine the timeline.** When will your drive begin and end?
4. **Establish your promotional materials and donation receptacles needs.** Ozarks Food Harvest can provide boxes, barrels or large totes to collect food as well as posters and handouts. Money jars are available to collect financial donations. These items can be picked up or delivered to you.
5. **Determine best pick-up day and time after the drive.** Please allow two to three business days for pick-up requests.
6. **Set your goals!** Use metrics to show impact and measure success.  
**5 pounds of food = 3 meals    \$1 = 5 meals    \$1 = 5.5 pounds of food**



**USE THESE HASH TAGS:**  
#SPSFoodFight #HungerHeroes



When I am hungry I  
say I want to eat  
now and they say sorry!  
Name Jalisa Age 8

7. **Promote your drive.** Promotion is the key to a successful drive! Engage school partners to collect food/funds to be included in your school's collection totals or ask a partner to match your efforts.
  - Use posters with event details in high-traffic areas and distribute handouts before the drive begins.
  - Like Ozarks Food Harvest's Facebook page to share event posts or tweet to us on Twitter at @ozksfoodharvest or Instagram at @ozarksfoodharvest.
  - Hold a kick-off event and distribute a list of most needed items and information about your drive.
  - Get creative to increase donations by using ideas found on pages 5 and 6 of this guide.

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# 2016 SPS Food Fight Champions

Everyone who participates in the SPS Food Fight is a champion in our book; however, we are offering special opportunities for those who go above and beyond!

## Elementary Schools

Elementary schools will compete among classrooms at their individual sites. The elementary school collecting the most cash and pounds per student out of each of the five feeder patterns will select the winning classroom who collects the most cash and pounds of food per student for a field trip to Ozarks Food Harvest.



## Middle Schools

The traveling trophy will be presented to the winning middle school who collects the most cash and pounds per student. The school will then select 15-20 students who went above and beyond in the fight against hunger. These students will receive an excused absence for a volunteer opportunity at Ozarks Food Harvest.

## High Schools

The traveling trophy will be presented to the winning high school who collects the most cash and pounds per student. The school will then select 15-20 students who went above and beyond in the fight against hunger. These students will receive an excused absence for a volunteer opportunity at Ozarks Food Harvest.



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# About Ozarks Food Harvest

Ozarks Food Harvest is the Feeding America food bank for southwest Missouri, serving 200 hunger-relief organizations across 28 Ozarks counties. The Food Bank distributes more than 16 million pounds of food annually, and its network and direct service programs serve 260,000 unduplicated individuals.

## How The Food Bank Works

### The Donors

Growers | Processors | Restaurants | Manufacturers | Distributors | Retailers | Wholesalers  
Food Service Operators | Food Drives | USDA



### Ozarks Food Harvest

Using the latest technology, The Food Bank distributes and tracks donated food to over 200 hunger-relief organizations in southwest Missouri.



### OFH Member Agencies

Food Pantries | Youth Programs |  
Community Kitchens | Soup Kitchens |  
Senior Centers | Day Care Centers |  
Rehabilitation Centers | Homeless Shelters |  
Residential Shelters



### The Clients

Children | Working Poor | Families | Newly  
Unemployed | Homeless | Mentally Ill |  
Elderly | Disaster Victims

## How Food & Fund Drives Help Those in Need

**Everyone can host a food drive.** Food and fund drives can be hosted by all ages. They work well at businesses, schools, clubs, places of worship and public events. It is a great way to get young volunteers involved in the fight against hunger!

**Provides better selection for clients** Food and fund drives provide some of the healthiest and most nutrient-rich food donations to The Food Bank. They provide individuals seeking emergency assistance with a better variety to choose from.

**Food drives raise awareness about hunger in the Ozarks.** Hosting a food and fund drive helps raise awareness and educate others about the need for hunger relief in our community.

**Every \$1 donated to The Food Bank provides \$10 worth of food distribution and services.** Financial donations to purchase and transport food are critical for food distribution. A customized virtual food drive is an easy way for businesses and organizations to raise funds for The Food Bank online and it requires little work from the host.

### OFH Direct Service Programs

After-School | Mobile Food Pantry | Weekend  
Backpack Program | Senior Food Program  
Full Circle Gardens Program | Summer Food Program



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# Facts about Hunger in the Ozarks

Share these important facts to raise awareness of the need for food donations.

**Ozarks Food Harvest distributes 16 million pounds of food annually and supplies to 200 member agencies.** The need for hunger-relief services has increased during the past two years. Food and fund drives help meet the increasing need for help.

**Every \$1 donated through a fund and food drive provides \$10 worth of food and services.** Of every dollar donated, 96 cents goes directly to feeding our neighbors in need.

**One of every four Ozarks children is food insecure, making Missouri fifth in the nation for child food insecurity.** Currently, nearly 1,600 children participate in our *Weekend Backpack Program*.

**Each month, seniors face hard decisions such as paying for prescriptions or buying groceries.** Malnutrition can have a negative impact on the effectiveness of medicine. The Food Bank has increased its Senior Food Box Program from 500 to 2,000 boxes monthly.

**Most families seeking food assistance have at least one working adult.** Hunger is an income problem. The high cost of housing, healthcare, childcare and fuel make it difficult for low-income families to have enough money to buy food.



Name: Adek Age: 43 State: MO Zip: 65616 Branson

Please check all that apply to you: volunteer or donor  employed  supporting a family  have health issues   
use government assistance  difficulty paying bills

Tell us about your experience with the issue of hunger:  
I am out of work right now so needing help putting food on the table

**Ozarks Food Harvest's Network serves 30,000 individuals across 28 Missouri counties every week.** That's 260,000 children, families and seniors who benefit annually from our food drives.



**Food collected from food drives are some of the most nutritious food that Ozarks Food Harvest receives.** The Food Bank also distributes hygiene items such as soap, toothpaste, toilet paper and laundry detergent. These items cannot be purchased using SNAP, formerly known as food stamps.

**Children who are hungry have difficulty learning in school.** Early childhood hunger and malnutrition can result in health problems later in life such as obesity, diabetes, kidney and heart disease.

**Nearly 70 percent of people standing in food pantry lines in the Ozarks report going without meals in order to pay for other bills.**

**YOU can make a difference in the fight against hunger.** Donate time. Donate money. Donate food. Advocate to educate others.

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# Think Outside the Donation Box

Get creative! Themes can be a fun and effective way to get the most participation.

**Healthy Competition** Encourage friendly competition between classes, grade levels or departments. Make a one-of-a-kind trophy from a canned food item covered in a custom label!

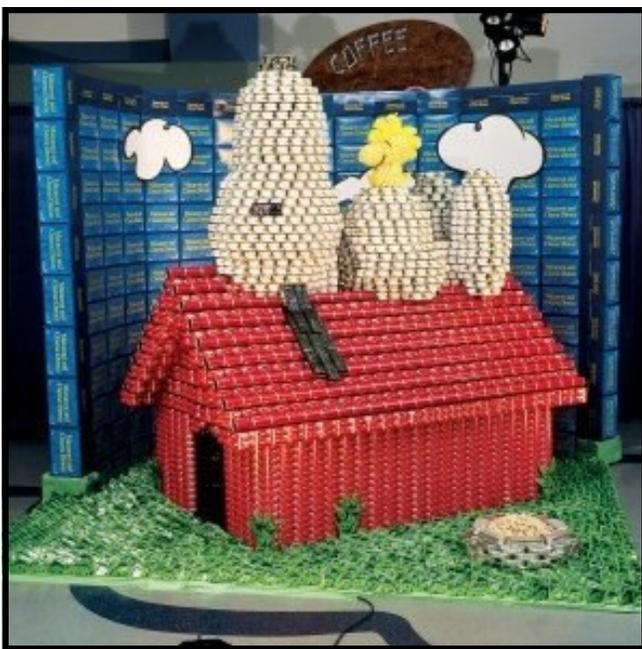
**Beans for Jeans** Allow employees and students to donate for dress down days, hat days, reserved parking spots, extra recess or leave early passes.

**Free with Donation** Offer incentives for donating such as free admission to events, discounts or coupon with donation of nonperishable food items.

**Share your Lunch** Ask participants to bring a lunch bag full of food or donate what would normally be spent on lunch out.

**Macaroni n' Cheese Monday** Tuna Tuesdays, Wheaties Wednesday, Thirsty Thursday (fruit juice) and Fruity Friday (canned fruit). Themed days are an easy way to remember what to donate!

**Dinner for Two** Create simple menus for full meal donations such as spaghetti dinner (pasta, canned sauce, green beans and garlic biscuit mix) or Tuna Helper meal (tuna, meal mix, canned vegetable and canned fruit for dessert).



**Harvesting Hope** Collect canned veggies to create a garden in the lobby. This is a great reminder for donations!

**Cook-Off** Hold a cooking competition between departments. Ask tasters to vote for their favorite dish with spare change or canned goods.

**Empty Bowls** Partner with local art classes to create hand made ceramic bowls to be sold at a PTA event.

**Can Castle** Hold a canned food sculpture contest and ask students/employees to vote with spare change. There are many ideas online!

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# Think Outside the Donation Box

Set a goal — five donations per participant is a great place to start!



**Lemonade Stand** Hold a car wash, bake sale, lemonade stand, ice cream social, spaghetti dinner, carnival or raffle and charge donations for services, goods or tickets.

**Sporting Events** Pair rival teams against each other. Put a photo of each team's mascot on a barrel and see who can get the most donations at the game.

**Give Them A Hand** Create and post colorful paper cutouts of hands that are sold to employees/students for \$1. Hang them in the lunchroom or break room to

show that the individual whose name is on the hand was generous with a gift to the drive.

**Rock the Vote** Have participants vote with spare change or food donations for an executive or teacher who will have to complete an agreed upon activity. The individual with the most votes may have to kiss a cow, shave their head or get a pie in the face.

**The Guessing Game** Fill a jar with jelly beans and ask participants to buy \$1 chances to guess how many items are in the jar. The closest guess wins the contents of the jar.

**Appreciation Grams** Create a fun gram to be delivered to co-workers or students for a small donation! Holiday-themed trinkets to be delivered with the gram might include jelly beans for Easter, Hershey Kisses for Valentine's Day, pet rocks for a 70's theme or candy corn for Halloween. Take pre-orders for one week in the break-room, provide a gram for donor to write a message. Then, deliver to recipients on the holiday.

**Movie Night** This is a great idea for those who work or go to school in a building with a media room that has a large screen. Ask for a \$2 donation to see the movie and \$1 for a bucket of popcorn.

**Guess the Baby** We all have at least one embarrassing baby picture buried in our photo albums. Display baby pictures of each employee and have a contest to see who can guess who the babies are! Sell guess sheets for \$1 or \$5.

*Share your creative ideas. We would love to celebrate your success stories!*



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# Hunger Heroes

Everyone participating in the Food Fight is a Hunger Hero!

Springfield Public Schools has collected over **97k pounds of food, providing over 81,400 meals** over the last five years.

**More than 87k of these pounds were generated from the SPS Food Fight alone!**



## FOOD FIGHT ANNUAL STATS

	Winners	Lbs/Student	Total Lbs (includes cash)
2014	Weller Elementary	5.38	1,914
	Cherokee M.S.	9.23	7,006
	Kickapoo H.S.	2.97	5,187
2015	Campbell Elementary	5.10	994
	Health Sciences Academy	17.14	840
	Hillcrest H.S.	4.22	4,313
2016	<i>Who's it going to be this year?</i>		

**Honorable Mention:** Carver Middle School collected the most **pounds of food** of any school since the beginning of SPS Food Fight with 4,214 pounds.

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## **Most needed items:**

**Tuna, salmon & other canned meat**

**Peanut butter**

**Beans, soups & stews**

**Boxed meals, rice & pasta**

**Canned vegetables & fruit**

**Cereal**

**Your donation will help serve 260,000 individuals across 28 counties!**  
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