



Parkland Food Bank

... Helping to take the bite out of hunger.

Mission: To coordinate the collection and distribution of healthy food to people in need within the Tri-Region area and connect them to additional resources in the community.

For More Information:

If you have questions about the ideas in this toolkit, or if you would like more details on how to conduct a project to benefit the hungry, please contact Sheri Ratsoy at Parkland Food Bank.

Telephone: 780-962-4565

Email: sheri@parklandfoodbank.org

You can also find lots of helpful information on our website:

www.parklandfoodbank.org

We invite you to connect with us through social media!










www.facebook.com/PrklandFoodBank

www.twitter.com/ParkIndFoodBank

Or send us a letter!

Parkland Food Bank
P.O Box 5213
Spruce Grove, AB T7X 3A3

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How to Use the Tool Kit (It's easy)

The One Kid Can Toolkit can help you turn your dream into reality – if your dream is helping to feed hungry people, that is.

The ideas in this kit come from other kids and teens who have already made a difference in their own communities. You can build on their ideas or create your own. We hope you'll tell us about the projects you come up with so we can keep adding to the kit.

We know that young people of every age want to help, but high school seniors can do different things than first graders (like drive a car). As you flip through this kit, look for the icon that represents your age group:



Preschool and Young Elementary School



Elementary or Middle School



High School or Older

Helping the Hungry (Who, me?)



Have you ever wondered if one person really can make a difference? What if that one person is you?

Guess what. Kids and teens all over Parkland County have already shown that they can make a huge difference in the lives of people who are having a hard time feeding their families.

Nobody understands better than you how important it is to have good food every day. You need it to be smart in school, strong on the playing field and happy with your friends. Unfortunately, some families don't have enough money to buy the food they need.

What's the Plan? (It's up to you!)



When you plan a project, lots of questions start to pop up. Here's a check list to help you decide what kind of food or "fun" drive is best for you.

- Do you have a **special talent** you would like to use?
- Do you have **friends or family** who can help?
- Would you like to **involve your school, club or faith group**?
- What's your **goal**? (Do you want to collect food, raise money or help people learn more about the problem of hunger?)
- How much **time** do you want to spend on this project?
- Will you need **help** from other people?
- Will your project **cost money** (like printing flyers, mailing letters)?



Ideas for Food and Fun Drives (Be a leader!)

The ideas in this toolkit can be used in your school, faith community, library, community center or your own neighborhood. You could use them to fulfill your school's community service requirements.

For school-based projects, get school leadership involved before you start. They'll have great advice and may be able to help you along the way.

Remember to tell people how your project will benefit the Food Bank. People will be much more excited to get involved if they know how their contribution will help.



Open a Lemonade Stand

With some frozen lemonade and a little help from your parents, you can open a lemonade stand right in your own neighborhood to raise money for the Food Bank.



Run a Bake Sale

This can be as simple as offering fresh popcorn or homemade cookies. Or you might even bake bread, cakes or pies. You'll need a location where lots of people come who will be interested in buying your baked goods. You could involve your school, faith community, or even request a booth at a local fair.



Hold an Art Show

Organize an art show of student work. Instead of tickets, ask for a donation of food or money for the Food Bank. You could even set a theme for the art show, like "Nobody Should Go Hungry" or "One Person Can Make a Difference."



Birthday Wishes

Imagine our surprise when a four-year-old came through our door with a wagon filled with food. She asked for food instead of birthday presents, because her birthday wish was to help others.



A Picture Says a Thousand Words

Arrange a Photo with Your Favorite Teacher Day. Students can have their picture taken with their favorite teacher for a small donation of food or money to the Food Bank. Use a digital camera so the photos can be easily shared without the cost of printing. Your school might even consider putting up a picture wall with photos of kids and teachers, along with quotes about why they want to help.



The Guessing Game

Fill a big jar with small-shaped candy, like M&Ms – be sure you know how many pieces you’re putting in the jar! Participants pay a \$1 donation to the Food Bank to guess how many pieces of candy are in the jar, and they write down guess along with their name and phone number on a slip of paper. The person whose guess is closest to the real number wins the jar of candy.



Some Healthy Competition

Hold a contest between classes, grades or even schools. Whoever collects the most food for the Food Bank wins an ice cream party or a pizza party.



Hula-Hoop for Hunger

Organize a Hula-Hoop Marathon at your school, faith community or recreation center. Ask participants to request pledges in advance from their friends or family. For example, supporters could pledge \$1 for every 15 minutes of Hula-hooping. You could also organize a walk, run or bike ride for hunger.



Spirit Day

With permission from your school leadership, designate a special day as “Spirit Day” where students get to stretch the dress code just a little bit in exchange for a donation of food or money to the Food Bank. For example, you could have a Pajama Day, Crazy Hat Day, Halloween Costume Day, or even Dress Like Your Hero Day.



Fill a Room with Food

With your principal’s permission, challenge your school to fill up a room (or a pickup truck) with food for the Food Bank. You might even convince your principal to do something crazy if you meet your goal, like wear a weird outfit or sing a ridiculous song.



Food Photography Contest

Create a contest for the best food photos in the school. Compile the winning entries into a calendar that can be purchased for a donation to the Food Bank. (Note: your price should cover the cost of printing and the donation to the Food Bank.)



Who’s Got Talent?

Organize a Talent Show for your school, faith community or neighborhood. Admission to the show is a can of food or a small donation to the Food Bank.



Kids Vs. Teachers

Organize a basketball or soccer game between the teachers and the students. Admission is a can of food or a small donation to the Food Bank.



After-School Cooking Class

Do you know an adult who cooks really well? Ask him or her to offer an after-school cooking class for students. Admission to the class could be a donation of food or money to the Food Bank.



Game Night

This is great one scouting groups, neighborhood gatherings and church socials. Everyone brings their favorite board game to play with friends. Admission is a donation of food or money to the Food Bank. You can provide refreshments or you can ask everyone to contribute some food to the table.



Play with Food

Organize a food drive at your school and have each grade bring in a certain type of food, like canned beans or cereal. (See our Most Needed Items in the “Tools” section.) Then, arrange a competition where each grade builds structures out of their food – like a canned castle or a cereal box maze. Ask the local ice cream store to provide gift certificates for the winning class.



Collect Themed Meal Bags

A food drive with flare! Challenge people to donate bags of food based on different themes, such as Italian Night, Family Night, Picnic Basket, Athlete’s Survival Kit or your own ideas. (See our Most-Needed Items list in the “Tools” section.) If your food drive is a one-day event, make it exciting by offering food samples from one of the themes, like macaroni and cheese for Family Night.



Plant an Extra Row

Do you have a garden? Plant an extra row of vegetables and donate it to your local food pantry at harvest time. Look in the Tools section for information on how to find the pantry nearest you.



Empty Bowls

Students create handcrafted bowls, and guests are invited to a simple meal of soup and bread. In exchange for a donation, guests may keep a bowl as a reminder of all the empty bowls in the world. The money raised can be donated to the Food Bank. For details, visit www.emptybowls.net.



Dance the Night Away

Organize a themed dance (“Welcome Back Dance” or “Tacky Prom Dance,” for example). Admission to the dance is a donation to the Food Bank.



Candy-Gram from a Secret Admirer

Sell chocolate or candy canes for a donation to the Food Bank. Treats can be delivered from secret admirers to friends by taping them to their lockers or putting them in their cubbies.



Butler for a Day

With permission of school leadership and the senior class, auction off seniors to be “Butlers for a Day” for a donation to the Food Bank. Butlers can carry books, fetch lunches or clean out lockers.



Do Nothing (Seriously)

What if you had nothing for dinner? Nothing at all.

Unfortunately, that's reality for a lot of kids and their families in the Parkland area. So we decided to do something about it – and you can, too!

You can create an empty can of "Nothing" that has a little coin slot on top, just like a piggy bank.

You can use it to collect spare change in your house. When it's full, you can donate it to the Food Bank.

Will it make a difference? You bet! Every dollar you collect will help us provide food – and that means some child or teen, just like you, won't go hungry tonight.

You can get others involved, too. Schools, churches – even lemonade stands and yard sales – they're all great places to collect spare change in the Nothing can.





Getting the Word Out (Share, share, share!)

Now that you've set the wheels in motion, it's time to spread the word and get people excited about your project.

Get Noticed!

Here's a little math to get you thinking about the power of communication.

If you can get 4 people interested, that's great. But imagine if those 4 people each told 4 more people. Now you have 20 people interested. And if those 20 people each told 4 more people, you'd have 100 people interested.

There are lots of ways to get the word out:

- ✚ **Write a letter to friends and family**
- ✚ **Hand out flyers or hang up posters**
- ✚ **Make phone calls**
- ✚ **Contact your local newspaper**
- ✚ **Write an article for your school newsletter**
- ✚ **Place a notice in the bulletin at your faith community**
- ✚ **Create a Facebook event, share your story on Facebook, or use other social media, like Twitter, Snapchat, Instagram, Pinterest, etc. to get the word out.**



Details, Details (Stuff you'll need to do)

You want your project to be a big success.

Planning ahead is the way to do it.

Try to think of all the things you'll need and the people you'll need help from. Then, when the day comes for your big event, you'll be confident and ready to make it happen.

Here are some things to remember:

- ✚ **Ask permission** from the leadership of any school or organization you are involving. Make sure you have their support before you start making plans.
- ✚ **Figure out exactly how much money you'll need to spend on supplies, publicity and anything you'll need for your project.**
- ✚ **After you know how much money you'll have to spend, make sure your project will earn enough to cover your costs and still have something leftover to donate.**
- ✚ **If you're collecting food, make sure you have a safe, dry place to store the food until you can deliver it to the Food Bank. Will the weather affect your plans?**
- ✚ **Set deadlines.** Divide your project into easy pieces and decide when you want to accomplish each piece.
- ✚ **Set a goal.** It can be as simple as "I want to collect food for the Food Bank" or as specific as "I want to sign 100 people up for my Hunger Walk."
- ✚ **Do you need transportation to drive food or supplies to and from your location? If you're not old enough to drive, make sure you've asked an adult for help in advance.**
- ✚ **Your attitude can have a huge effect on your project. Get excited! Smile. Engage people. Learn some facts about hunger in the Parkland area. Show people why you care.**
- ✚ **Do you need a team of volunteers? Get your team together well in advance, and make sure they all are available and have transportation on the day of your event.**
- ✚ **Say "thank-you" to everyone who helped you. They'll be eager to help you again if they know you recognize their effort.**

Tools (Make your life easy)



We'd like to make it as easy as possible for you to raise food or funds for the Food Bank. We've developed a few tools that you can print out to save you some time.

- ✚ **List of Our Most-Needed Non-Perishable Food Items:** Even though we distribute fresh fruits and vegetables, it doesn't work to collect them in food drives because they won't stay fresh. Stick to our Most-Needed list from our website, www.parklandfoodbank.org and you'll be in great shape!
- ✚ **Sample Poster:** You can use this poster for any project you're doing to support the Food Bank. You can print it out and fill in the information by hand. If you're good at computer graphics, you can customize the poster and create your own unique version. We'd love to see what you create!
- ✚ **Food Bank Facts:** Read the latest food bank statistics at <https://parklandfoodbank.org/about/> and learn more about hunger in our community.
- ✚ **Pledge Sheet:** If you're planning a hunger walk, a hula-hoop marathon, or any project that asks people to pledge money for the Food Bank, this pledge sheet will be helpful. You can just print it out or doctor it up on your own computer to suit the needs of your own project.



Pledge Sheet

Project Name: _____

Project Organizer: _____

The money you pledge will be donated to the Parkland Food Bank to provide food to people in need and promote long-term solutions to hunger.

	Sponsor Name	Contact Info	I can Pledge...	Total	Paid On
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
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18					
19					
20					
21					
22					
23					
24					
25					
Personal Total					

A benefit for: Parkland Food Bank P.O. Box 5213 Spruce Grove, AB T7X 3A3



The Wrap Up (Show Us Your Stuff)

Now that you've done all the hard work, it's time to shine the light on you!

Call us before you drop by with the food or funds you're going to donate. We'll take your picture and – if we have permission – we may use your photo and story in a Food Bank publication. Your efforts can inspire kids and teens just like you!

Here are a few things to keep in mind:

- ✚ The Food Bank is open Tuesday, Wednesday, Friday and Saturday mornings from 9 until noon, Wednesday evenings from 6:30-8:00 and Friday afternoon from 1pm-3:30pm.
- ✚ Call us at 780-962-4565 before you come so we can meet you and take your picture.
- ✚ We're located at 105 Madison Cr. Spruce Grove.
- ✚ If you collected food, we can weigh your donations so that you can tell everyone how many kilograms of food you collected.
- ✚ If you collected money, we can give you an idea of how much food your donation will help us get for people in need.

*On behalf of more than 3,500 people who depend on food from the
Parkland Food Bank:*

THANK YOU!

