



# FOOD DRIVE

Thank you for volunteering to conduct a food drive on behalf of the Interfaith Food Pantry Network. In 2021, we distributed more than 1.6 million pounds of food. We would not be able to continue to meet this need without the help of volunteers like you.

Getting started is as easy  
as 1, 2, 3!

## PLAN

Select the dates and location. We recommend that you run a drive for a least 2 weeks.

## PREPARE

Get your collection bin(s) ready and make posters and fliers to get the word out.

## COLLECT

Time to start collecting and put your plan into action.

## IMPORTANT INFORMATION

1. Make sure you are sharing IFPN's most needed items when you publicize your drive. <http://mcifp.org/donate/donate-food>  
Note: IFPN cannot accept unlabeled or dented cans, open packaging, homemade foods or expired products.
2. Contact IFPN to set up a specific day and time when you will drop off the food and any monetary donations you received. Be prepared to provide a rough estimate of the amount of food that will be delivered.  
Call Val at 973-538-8049 x215 to schedule.
3. Remember cash donors can text 'Hunger' to 26-989. Ask them to add a note mentioning your food drive when they make their donation.

# FOOD DRIVE THEMES

---

## *Be Creative!*

Organize a pledge drive. Ask your family and friends to pledge money to help feed a family.

Collect food donations for a specific meal (i.e. chili day, "Soup-er" bowl).

Hold a pizza party where admission is a donation of food or funds.

Hold a potluck and ask guests to bring food donations.

Invite family and friends to donate a non-perishable item to IFPN as a birthday, anniversary, or holiday gift.

Ask participants to purchase a reusable shopping bag and fill it with non-perishable items.

Place donation jars and food bins near break rooms, copiers, or any other place people gather.

Sponsor a brown bag or skip-a-meal lunch.

Host a Food Drive themed day, like Thirsty Thursday (100% fruit juice), or Warm Up Wednesday (canned soup).

Collect food and funds at community events, like sporting events, mini-marathons, farmers market, etc.

Be creative with collection containers – set up playpens for collecting baby items, fill a car for a "Food DRIVE".

Run a "Hunger Doesn't Take A Summer Vacation" drive to collect breakfast and lunch items for children who normally receive these meals through a school program.



# FOOD DRIVE

## Together We Make a Difference!

In 2021, we distributed over 1.6 million pounds of food to low-income working families, unemployed workers, people with disabilities and seniors living on fixed incomes.

In 2021, there were 27,812 household visits served by IFPN or one of its Network Partners.

The Interfaith Food Pantry Network currently has 2 Pantry Locations and 31 Network Partners in Morris County. You can make a difference by donating non-perishable food or making a financial contribution.

2 Executive Drive  
Morris Plains, NJ

190 Speedwell Avenue  
Morristown, NJ

973-538-8049  
[www.mcifp.org](http://www.mcifp.org)

A large, stylized graphic of an apple. The apple's body is a thick, curved red line that starts from the bottom left and curves upwards and to the right. The stem is a small green line at the top. There are two green leaves: a large one on the left and a smaller one on the right, both pointing towards the stem. The text "Text 'HUNGER' to 26-989 to Donate" is positioned to the right of the apple's body.

**Text  
'HUNGER' to  
26-989  
to Donate**



# Every Day Pantry Needs

**ALL are needed**

<b><u>FRUITS &amp; VEGETABLES</u></b> – Look for fruit canned in its own juice or with “no sugar added”. Look for vegetables with low sodium or “no salt added”.	Canned Fruit 100% Juice 32 oz. Canned Vegetables Spaghetti / Tomato Sauce, Tomato Products (crushed, whole, diced, paste, puree) Fresh Produce from your garden (uncooked)
<b><u>GRAINS</u></b> – Donate whole grains as often as you can	Cereal – low sugar, high fiber Oatmeal Pasta/ Whole wheat Pasta Rice /Brown Rice – 1 or 2 lb. sizes
<b><u>DAIRY</u></b> – Donate shelf-stable low-fat (1%) or non-fat dairy products	Parmalat (shelf stable 32 oz. size) Dry Milk (1-qt. package) Evaporated Milk Calcium-fortified Milk alternatives such as soy, rice or almond milks
<b><u>PROTEIN</u></b> – Look for “no salt added”, “low -sodium” and “canned in water”	Canned Beans (Pork and Beans, Pinto, Red, White, not green beans) Dried Beans Tuna Fish, Salmon and other canned fish Peanut Butter, 18 oz. Canned Meats and Meals (ravioli, spaghetti & meatballs, hash, stew canned chicken etc.)
<b><u>SIDE DISHES</u></b> –	Mac ‘n Cheese Instant Potatoes Stuffing Rice-A-Roni Hamburger Helper
<b><u>SOUPS</u></b>	Hearty, Low-Sodium, Regular
<b><u>BABY ITEMS</u></b>	Enfamil Infant Formula (NOT Newborn) Baby Food – Stage 1 Fruits and Stage 3 Vegetables & Meats Diapers 5 & 6 Pull Ups 4T & 5T Baby Wipes
<b><u>SPECIALTY ITEMS</u></b>	Gluten Free Products Boost or Ensure, regular Boost Glucose Control or Glucerna Adult Depends (no tabs) Tea (100 count boxes) Resealable sandwich bags and quart sized Plastic Bags