



# FOOD DRIVE

Thank you for volunteering to conduct a food drive on behalf of the Interfaith Food Pantry Network. In 2022, we distributed more than 1.7 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 Patricia at 973-538-8049 x210 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

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## *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 2022, we distributed over 1.7 million pounds of food to low-income working families, unemployed workers, people with disabilities and seniors living on fixed incomes.

In 2022, There were 31,167 household visits served by IFPN or one of its Network Partners.

The Interfaith Food Pantry Network currently has 2 Pantry Locations and 35 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 top part of the apple, including the stem and two green leaves, is shown in green. The main body of the apple is formed by a thick red line that curves around to the right, creating a heart-like shape. This graphic is positioned on the right side of the flyer, behind the text.

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

# EVERYDAY PANTRY NEEDS

**IFPN cannot accept unlabeled or dented cans, open packaging, homemade foods or expired products.**

## FRUITS & VEGETABLES

Fruit canned in its own juice or with "no sugar added" or 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)

## DAIRY

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

## PROTEIN

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)

## GRAINS

Cereal – low sugar, high fiber  
Oatmeal  
Pasta/ Whole wheat Pasta  
Rice /Brown Rice – 1 or 2 lb. sizes

Donate whole grains as often as you can

## SIDE DISHES

Mac 'n Cheese  
Instant Potatoes  
Stuffing  
Rice-A-Roni  
Hamburger Helper

## SOUPS

Hearty, Low-Sodium, Regular

## BABY ITEMS

Enfamil Infant Formula (NOT Newborn)  
Baby Food – Stage 1 Fruits and Stage 3 Vegetables & Meats  
Diapers 5 & 6  
Pull Ups 4T & 5T  
Baby Wipes

## SPECIALTY ITEMS

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