

# FOOD DRIVE

Thank you for volunteering to conduct a food drive on behalf of the Interfaith Food Pantry Network. In 2024, we distributed more than 2.3 million pounds of food equal to more than 2.1 million meals. 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. Email Kiley at [kpowell@mcifp.org](mailto:kpowell@mcifp.org) or call 973-538-8049 x236 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

Creative Food Drive Ideas for IFPN Make Giving Fun, Easy & Impactful

## Themed Drives

Chili Cook-Off Challenge: Collect ingredients for chili kits.

“Soup-er” Bowl Sunday: Gather cans of hearty soups before the big game.

Thirsty Thursday: Donate 100% fruit juice.

Warm-Up Wednesday: Focus on hot meals like soup or oatmeal.

## Events with a Purpose

Pizza Party with a Twist: Admission = one food item or a cash donation.

Potluck for a Cause: Guests bring a dish and a pantry item.

Brown Bag It Day: Encourage coworkers to donate what they would’ve spent on lunch.

## Gift-Inspired Giving

Celebrate by Giving: Ask for non-perishable items in lieu of birthday or holiday gifts.

Fill-a-Bag Drive: Distribute reusable bags for participants to return filled with food.

## Workplace + Community

Break Room Bins: Place donation jars and boxes in high-traffic areas.

Copy Room Collection: Turn common spaces into giving hubs.

Event-Based Drives: Collect items at sports games, races, markets, and concerts.

## Fun Collection Containers

Stuff the SUV: Fill a vehicle with food.

Baby Item Playpen: Use playpens to gather diapers, formula, and baby food.

Classroom Challenge: Compete to collect the most items—winning class gets a treat!

## Summer Hunger Drive

“Hunger Doesn’t Take a Vacation”: Focus on breakfast and lunch items for children who rely on school meals.



# MOST NEEDED FOOD ITEMS

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 alterna-  
tives 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

2 Executive Drive · Morris Plains, NJ 07950 · 973-538-8049 · Fax: 973-998-5086  
E-mail: [interfaithfoodpantry@mcifp.org](mailto:interfaithfoodpantry@mcifp.org) · [www.mcifp.org](http://www.mcifp.org)

IFP is a non-profit 501(c)(3) organization. Tax-exempt# 22-3618468.