

FACTS



What is the Hunger Task Force MyPlate?

The USDA uses a food model called **MyPlate** to showcase the five main food groups and encourage healthy eating. Hunger Task Force has adapted this model to help improve the health of children and families who rely on food from the pantries, soup kitchens and homeless shelters we support.

Why is it important to donate healthy foods?

Simply put: everyone deserves healthy food! Your healthy food donations give children fuel to learn and grow, and help adults of all ages maintain a healthy wellbeing.



How do I choose healthy foods to donate?

The Hunger Task Force **MyPlate** includes the Preferred Food Items list that features all five food groups: Protein, Fruits, Vegetables, Grains and Dairy! Donate foods low in fat, sodium and added sugar.

The Hunger Task Force MyPlate sounds important. How can I help?

Helping is easy. You can ensure families receive healthy foods by hosting a Food For Families food drive and donating items from the Preferred Food Items list on the opposite page!

Can I donate fresh foods to support the Hunger Task Force MyPlate?

Absolutely! Drop off your fresh fruits, veggies, meat and dairy at Dock 1 at Hunger Task Force, 201 S. Hawley Ct., 8:30 - 5:00 p.m., Monday - Friday. Or, make a monetary donation at **HungerTaskForce.org** and we'll purchase fresh items for you!

How else can I support the Hunger Task Force MyPlate model?

Be an advocate! Spread the word about how you're supporting our new initiative and visit our website at **HungerTaskForce.org** for more information.



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HungerTaskForce

youtube.com/hungertaskforce

Make a donation online:
HungerTaskForce.org



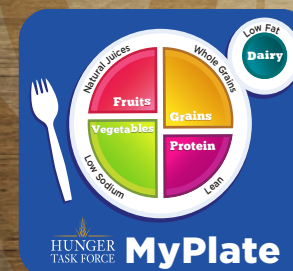

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Food for Families
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HOW TO HOST A FOOD DRIVE



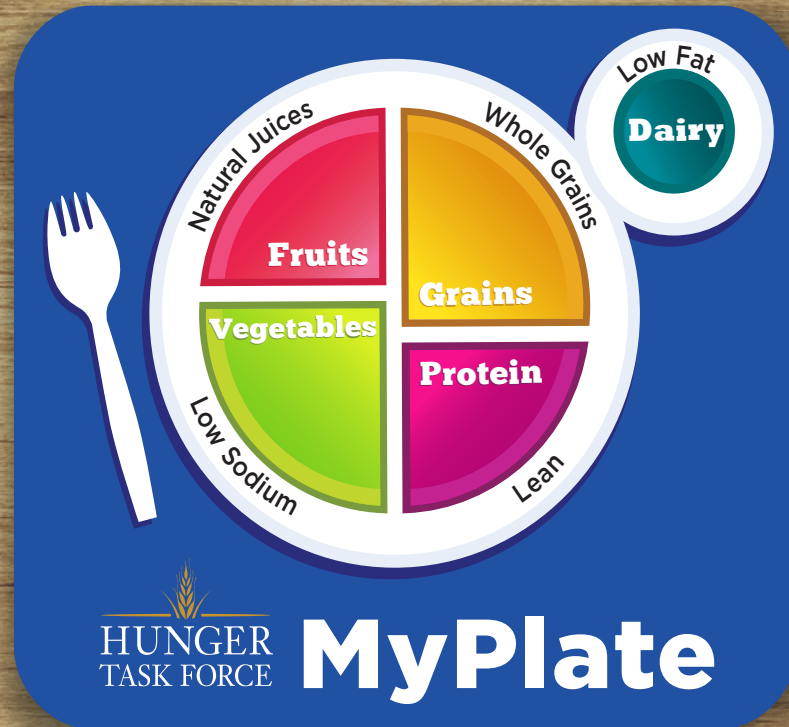
INTRODUCING:



PREFERRED FOODS

EVERYONE DESERVES HEALTHY FOOD!

THAT'S WHY WE ADAPTED THE HUNGER TASK FORCE MYPLATE MODEL.



PREFERRED FOOD ITEMS:

| FRUITS | VEGETABLES | GRAINS | PROTEIN | DAIRY | SNACKS | CONDIMENTS |
|---|--|--|--|---|--|---|
| <small>Fruits canned in own juice or 100% fruit juice</small> | <small>Low sodium, canned vegetables</small> | <small>Whole grain foods</small> | <small>Lean sources of animal- and plant-based proteins</small> | <small>Boxed, low fat milk or milk alternatives</small> | <small>Healthy foods for on-the-go</small> | <small>Healthy & salt-free flavors</small> |
| PEACHES PEARS PINEAPPLE 100% FRUIT JUICE | GREEN BEANS CORN TOMATOES SPAGHETTI SAUCE | BROWN RICE OATMEAL CEREAL (NO SUGAR ADDED) PASTA (MULTIGRAIN) | CHICKEN, CANNED TUNA, CANNED PEANUT BUTTER BEANS, DRIED OR CANNED | SKIM MILK 1% MILK ALMOND MILK SOY MILK | GRANOLA NUTS & SEEDS BREAKFAST BARS GRAHAM CRACKERS | SALSA OIL MUSTARD SALT-FREE SEASONINGS |

WHY HOST A FOOD DRIVE?

➤ YOUR FOOD DRIVE MAKES A DIFFERENCE



We need your help.

As the second poorest city in the nation, Milwaukee has a

43% CHILD POVERTY RATE

and there are thousands of hungry kids in our community.

➤ YOUR DONATION HELPS SUPPORT:

- **MORE THAN 35,000 PEOPLE** visiting our food pantries each month
- **MORE THAN 60,000 MEALS** served monthly at our soup kitchens and shelters
- **FREE & LOCAL:** Hunger Task Force delivers every pound of food completely free of charge



➤ DONATING IS CONVENIENT AND FUN!

IT'S AS EASY AS...

1 REGISTER YOUR DRIVE

Register online at **HungerTaskForce.org**. We'll call you to confirm your drive, answer your questions and walk you through the process.

2 SPREAD THE WORD

Bring your community together – talk to friends, family, co-workers or church group! We'll provide all the boxes and posters you'll need to make your drive successful.

3 COLLECT FOOD DONATIONS

Donation boxes can be picked up and dropped off at our office:

Hunger Task Force
201 S. Hawley Court
Milwaukee, WI 53214
(414) 777-0483



**IF YOU FILL UP TWO ENTIRE BOXES
WE'LL SEND A TRUCK
TO PICK UP THE FOOD!**

