

# ➤ DONATE THIS!!

This Food For Families season, we're looking for 3 KEY ITEMS. Pass on the ramen noodles and chips and donate green beans, canned protein or sugar-free breakfast cereal!



## ➤ VEGETABLES

- Green Bean Packer Drive
- We've All Bean There Drive
- That's Cool Beans Drive

## ➤ PROTEIN

- Tons of Tuna Drive
- Pump Up the Protein Drive



## ➤ BREAKFAST CEREAL

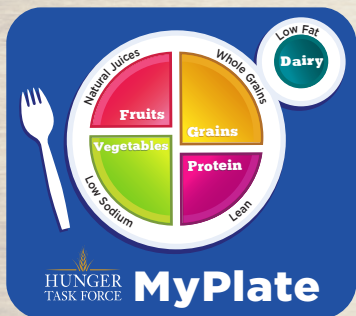
- Are you CEREAL-OUS?! Drive
- Sugar FREE & LOCAL Drive



Contact Kyle Buehner to make your healthy food drive a success at [kyle.buehner@hungertaskforce.org](mailto:kyle.buehner@hungertaskforce.org) or 414.238.6473.

HungerTaskForce.com

# ➤ KEEPING YOUR DONATIONS HEALTHY



➤ THIS FOOD FOR FAMILIES SEASON, BE ESPECIALLY THOUGHTFUL ABOUT HOW AND WHAT YOU'RE DONATING

These 3 food categories are what we need this season!



Low Sodium Green Beans and Corn



Canned Tuna and Chicken packed in water



Low Sugar Breakfast Cereal

## ➤ WHY DID WE CHOOSE THESE ITEMS?

1. Families receiving help from a pantry receive a 3-day emergency supply of food. Ensuring the distribution of healthy foods in a dignified way is one of Hunger Task Force's top priorities.
2. Hungry families often cannot afford more expensive items like cereal and canned meat on a meager budget. These foods provide the nutrition they can't get elsewhere.
3. Hunger Task Force purchases truckloads of food to meet the shortfall of these donations in our inventory. A cash donation helps purchase and provide these 3 healthy food items.

While all healthy MyPlate donations are important, we're asking you to donate these specific items so Milwaukee families have plenty of healthy food to eat as we move into the holiday season.



### CASH IS KING!

When you make a cash donation at it ensures that we can allocate those funds to shortfalls in food donations.

[HungerTaskForce.com](http://HungerTaskForce.com)



# 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!

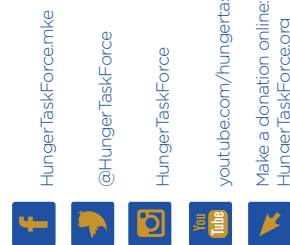
## How else can I support the Hunger Task Force MyPlate model?

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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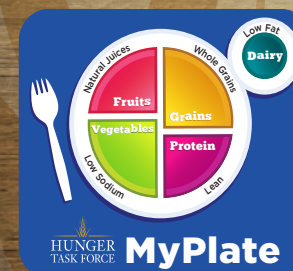
  
**HUNGER TASK FORCE**  
**FREE & LOCAL**  
**HungerTaskForce.org**



# HOW TO HOST A FOOD DRIVE



INTRODUCING:



**PREFERRED FOODS**

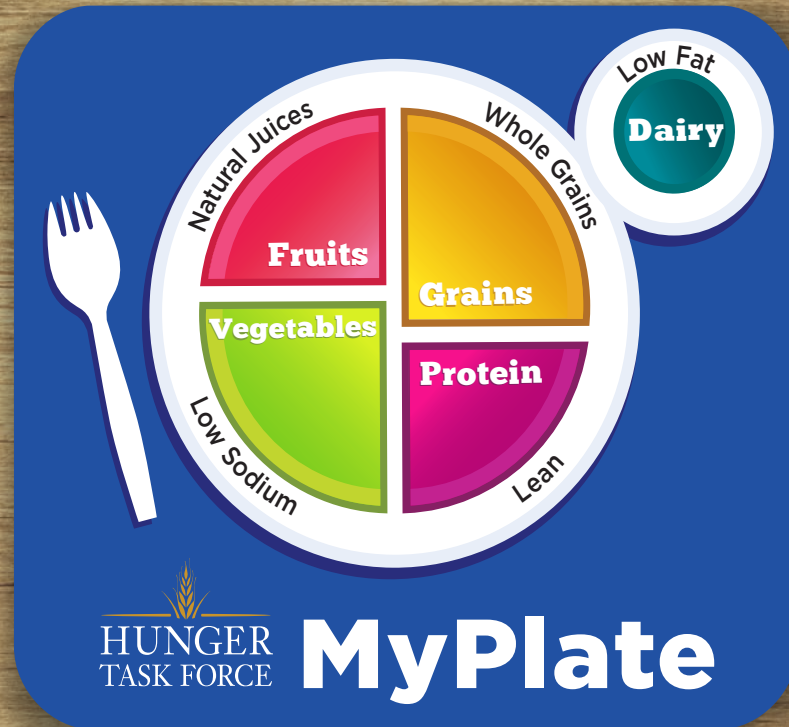
  
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**Food for Families**  
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**Johnson Controls**



## 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
Fruits canned in own juice or 100% fruit juice	Low sodium, canned vegetables	Whole grain foods	Lean sources of animal- and plant-based proteins	Boxed, low fat milk or milk alternatives	Healthy foods for on-the-go	Healthy & salt-free flavors
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!**

