



# FOOD FROM THE BAR

Challenging Hunger in Washington, D.C.

May 1 - May 29, 2015



#FoodFromTheBar



# About us



- The Capital Area Food Bank is a non-profit organization & member of Feeding America – the U.S. network of 200 food banks.
- We feed 500,000 people at risk of hunger in Washington, D.C., Maryland and Northern Virginia.
- Last year, we distributed the equivalent of 35MM meals to kids, seniors and families in need.



1 month.  
500,000 meals.

Help us reach  
our goal.



**Challenging Hunger in D.C.**

# Attorney-led, Nationwide





# The Need



CAFB IS SERVING

**11%**

MORE PEOPLE  
OVER 2010.



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# The Need



**1 in 3**  
**CHILDREN**

**IN WASHINGTON, D.C.**  
**STRUGGLES WITH HUNGER**

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## 1 Donate Funds.

**\$1.00 = 1 POINT**

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OUR PURCHASING  
POWER ALLOWS US  
TO BUY **3-5X**  
MORE FOOD PER \$1  
THAN THE AVERAGE  
GROCERY SHOPPER

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**\$10 =  
25 MEALS**

# New in 2015: Crowdfunding

Fundraise Now

Login Create Account



## Food From the Bar 2015

Food From the Bar — Register Your Firm Today



Join the legal community today in their efforts to solve hunger in the Washington metro area. From May 1 - May 29, 2015, law firms and other legal professionals will compete to donate the most food and funds for the Capital Area Food Bank.

Since 2008, the local legal community has supported more than 1.5 million meals, making it one of the largest fundraisers for the Capital Area Food Bank. For every \$10 raised, the Capital Area Food Bank can provide 25 meals to local children, families and seniors who are at risk of hunger.

Ready to contribute to the cause?  
Fundraise for this campaign now.

JOIN NOW

\$0  
of \$200,000 raised

Fundraiser begins in 2 days



## Fundraisers for Food From the Bar 2015

Teams Individuals



Ready to contribute to the cause? Fundraise for this campaign now.

JOIN NOW

## WHY CROWDFUND?

- Lower transactional costs
- Real-time progress updates
- Easy to involve family, friends and coworkers



# Dareoke!

## The Rules

### TO DARE:

- Grab index card and envelope
- Write a victim's lucky person's name on index card
- Write the song of your choice on the index card
- Place the index card and the donation in the envelope
- Place the donation in the "Donation Bin" by the Karaoke station

### TO PASS:

- Match donation and you're off the hook
- Double donation and dare the "dare-ee" to sing the song they chose for you
- If the original darer has his/her dare kicked back he/she can then match the "doubled" amount and they're off the hook.

**BRACEWELL  
& GIULIANI**

## 2

# Donate Food.

5 LBS. OF FOOD = 1 POINT



**Canned Chicken,  
Salmon or Tuna**



**Canned Vegetables**  
low sodium, no salt added



**Canned Fruits**  
in light syrup or its  
own juices



**Grains**  
Brown & White Rice, Bulgur,  
Pasta, Macaroni & Cheese



**Peanut Butter**



**Canned or Dry Beans**

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**MOST WANTED ITEMS:**

**HIGH FIBER,  
LOW SODIUM,  
LOW SUGAR**

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# How it Works

**3**

## Volunteer.

5 VOLUNTEERS = 500 POINTS

**MAY 2 | 8:30AM -12:00PM**  
**COMMUNITY MARKETPLACE**  
L Street NW, Washington DC

**MAY 13 | 6:00-8:00PM**  
**WAREHOUSE WEDNESDAY**  
4900 Puerto Rico Ave, NE

**MAY 29 | 1:00-4:00PM**  
**DC WAREHOUSE**  
4900 Puerto Rico Ave, NE



To RSVP, contact [ahieb@capitalareafoodbank.org](mailto:ahieb@capitalareafoodbank.org)

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# Why Participate



## HELP FILL THE SUMMER MEAL GAP.

When school ends, thousands of kids who rely on access to school lunch programs miss a critical source of nutrition.

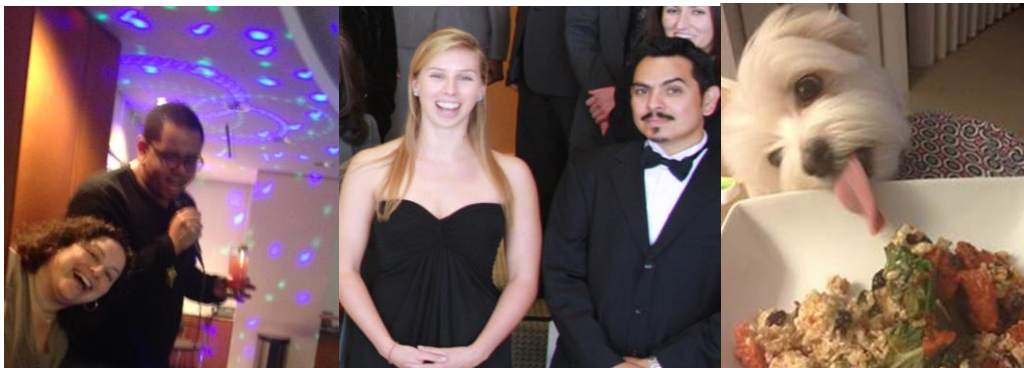
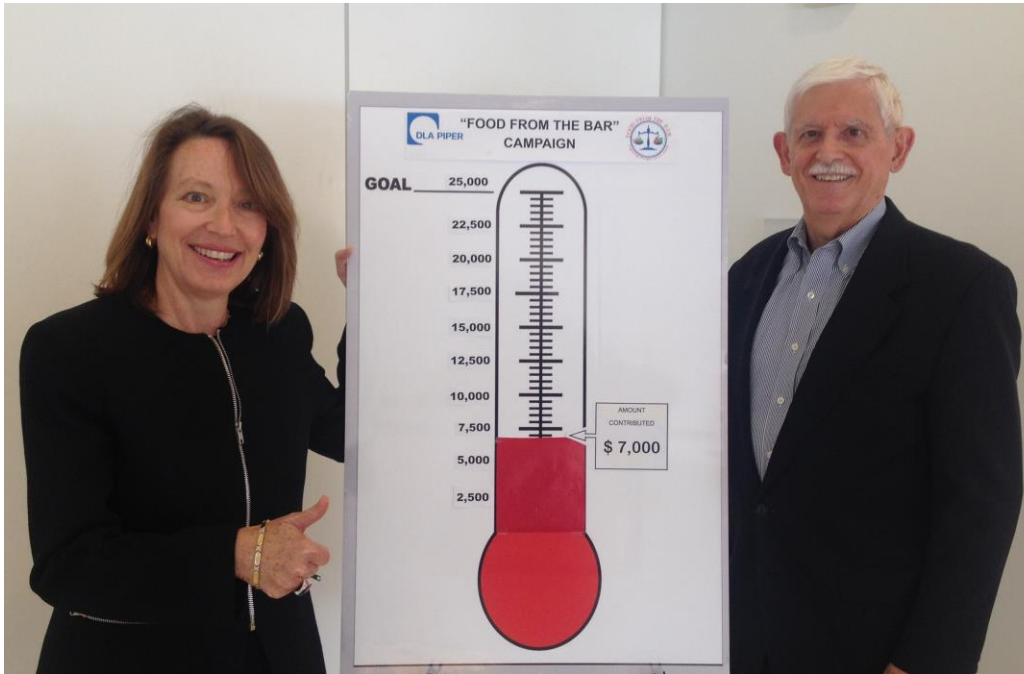


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## INVEST IN THE HEALTH OF OUR COMMUNITY

CAFB distributed 42 million pounds of food in FY14, of which 17.5 million was fresh produce. This year, CAFB is distributing 35% more produce.





**WHEN  
LAWYERS  
COMPETE,  
EVERYONE  
WINS.**

Awards include:

- Highest Per Capita
- Best Law School
- Most Creative Fundraiser

## EVERY DOLLAR COUNTS.

\$0.92 cents of every \$1 is spent where it matters most: food distribution, transportation & hunger-relief programs.





## Contact

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