

# Food Drive Starter Kit



## Thank you for your interest in running a food drive!

Food drives are vital to our ability to support our neighbors experiencing food insecurity. They're a powerful way to raise awareness and provide nutritious meals.

In FY24, we provided 64.2M meals. Of the food we provided, 36% was donated food.

We're so glad you're interested in supporting us! Read on to learn more about running a food drive for CAFB!



## Organizing your Drive

### Team up with your community to help our neighbors in need

The first step to running a CAFB food drive is registering your drive. You can register your drive [here](#).

### When?

When you host your food drive can make a tremendous difference in participation levels. Single day food drives can be successful because the focus is on one particular day. Two week food drives are also a good length of time because they leave space for donors to remember their donations. If food drives run too long, people may lose interest, lessening their impact.

### Where?

Where you place the drive collection sight can impact enthusiasm for the drive. High traffic areas where the bins are visible are great locations! Labels or decorations near the collection point can be helpful. Get your team involved in sprucing up your collection bins or making nearby posters to draw attention to the area!

## Running Your Drive

### Promoting your Drive

Spread the word! Find creative ways to let everyone know about your drive.

- Send email blasts
- Utilize social media
- Pass out/ hang up flyers
- Hold a Kick-Off event ex: a staff party or schedule a Face Hunger workshop
- Make it a competition

### Most Needed Items

- Plant proteins- canned or dry beans, whole nuts & seeds, or lentils
- Canned tuna, salmon, or chicken (in water)
- Grains- brown & white rice, pasta, whole oats, corn & flour tortillas
- Peanut butter- no hydrogenated oils please
- Pantry staples- cooking oils, tea, non- dairy/ shelf-stable milks
- Canned vegetables- low sodium, no salt added
- Canned fruits- in 100% juice
- Whole grain hot and cold cereal- containing less than 7g of sugar per serving
- Non-salt spice- ex: black pepper, cinnamon, garlic powder, etc.

## Dropping Off

We are so grateful that you've hosted a food drive for us. Our truck fleet is fully dedicated to delivering food to our neighbors in need, so we invite you to please drop off food at either our DC or Northern Virginia location

### DC Warehouse

4900 Puerto Rico Ave, NE  
Washington, DC 20017

#### **Monday to Friday, 8 AM to 3 PM**

Please follow the donation signs to make your drop-off. During off hours, please leave your non-perishable food in the metal collection bins in front of the building.

### Lorton Warehouse

6833 Hill Park Drive,  
Lorton, VA 22079

#### **Monday to Friday, 8 AM to 2 PM**

Please follow the donation signs to make your drop-off



Questions? Email [volunteer@capitalareafoodbank.org](mailto:volunteer@capitalareafoodbank.org)