



Helping People Help Themselves

Most wanted foods

ACCESS Nutrition Programs needs these nutritious foods:

- * canned meats (i.e., tuna, chicken, salmon)
- * canned and boxed meals (i.e., soup, chili, stew, macaroni and cheese)
- * peanut butter
- * canned or dried beans and peas (i.e., black, pinto, lentils)
- * pasta, rice, cereal
- * canned fruits
- * 100 percent fruit juice (canned, plastic or boxed).

ACCESS can't use:

To ensure food safety, we cannot use:

- * rusty or unlabeled cans
- * perishable items
- * homemade items
- * noncommercial canned or packaged items
- * alcoholic beverages, mixes or soda
- * open or used items

PLEASE NOTE: If you donate glass products, please box or bag them separately and label the box or bag "GLASS" on all sides.

Why both food and funds matter

Food drives provide some of the healthiest and highest-quality food we receive. Food donations also provide a direct connection between donors and people who are hungry.

Cash donations keep our freezers running and our trucks on the road. They also support innovative programs that address the root causes of hunger through advocacy and public education.

ACCESS Nutrition Programs makes efficient use of cash donations.

Consider contributing food and funds at organized events throughout the year. Organize your own food and fund drive.

Fun ideas for raising food and funds

- * Organize pledge drives. Ask family and friends to pledge money if you walk a specific distance.
- * Create a “donation envelope” tree
- * Skip lunch or special coffee on certain days and donate the cost of lunch. A class of students that usually has cocoa and cookies on Friday, instead had a symbolic snack raising \$150 for ACCESS Food Share.
- * Recycle your junk at a sale: “One person’s junk is another’s treasure.”
- * Sponsor bake sales.
- * Organize cakewalks.
- * Hold taco or chili feeds.
- * Organize salad, soup and potato bars.
- * Hold pizza parties.
- * Sponsor an ice-cream social.
- * Hold a potluck.
- * Initiate a book sale.
- * Sell popcorn.
- * Organize a silent auction.
- * Auction your managers at a “walk-an-hour-in-my-shoes” auction.
- * Create a pop-can collection station.
- * Sponsor a craft bazaar.
- * Collect food and funds at film festivals.
- * Collect food and funds at basketball games, mini-marathons, etc.
- * Place donation jars and food bins near break rooms, copiers and fax machines.
- * Bag it. Sponsor a brown-bag lunch. Ask staff to donate the cost of a lunch. Or ask people to donate a lunch bag full of nonperishable foods.
- * Generate pyramid power. Have teams build a pyramid of food. Or ask teams to bring foods representing the nutritional food pyramid.
- * Have groups or teams donate a meal

How do you raise food and funds?

- * Submit ideas that work well for you to Philip Yates at pyates@accesshelps.org

Frequently Asked Questions About Food and Fund and Drives

Where do I drop off donated food?

Drop off food at ACCESS, 3630 Aviation Way in Medford or call Philip at 774-4320. With advanced notice, we can come and pick up your collection barrels.

Do you have barrels to collect the food?

ACCESS Nutrition Programs can provide large (55-gallon, 3-feet high and 2-feet wide) barrels, marked with ACCESS's logo. Each barrel holds approximately 150 pounds of food.

Do you have promotional materials I can use?

If it's a public event send us your flyer in PDF format and our development department will list your drive on the ACCESS facebook site. Send flyer to pyates@accesshelps.org

Where do I send contributions?

To ACCESS Nutrition Programs, PO Box 4666, Medford, OR 97501.

Do I need to let ACCESS know that I am having a food drive?

We need to complete a Food and Fund Drive Form to let us know if you need barrels and when you want them and when you want them picked up.

How does the food collected reach those in need?

ACCESS Nutrition Programs distributes food collected through food drives to a network of hunger-relief agencies such as Salvation Army, St. Vincent de Paul and 7th Day Adventist Food Pantries. The agencies include pantries that distribute emergency food boxes, soup kitchens, shelters and other helping agencies.

An emergency food box provides a three-to-five-day supply of food for a family. In 2015, 33 percent of those eating from emergency food boxes were children under the age of 18.

Can I find out how much food my group collected?

ACCESS will send you a letter stating the weight of the food your group collected. Please give us your name and address for this purpose.

To whom do I write the check?

ACCESS Nutrition Programs

Will I receive a receipt for monetary donations?

Anyone making a monetary donation will receive a thank-you letter with the amount of the donation. If you want a receipt for cash donations, please put the cash in an envelope. Write the name, address and amount of donation on the outside of the envelope.