



PROVIDE TOOLKIT

Give | Assist | Support

One way to alleviate the problem of hunger is through Providing food to low-income families. This food is not "ready-to-eat" or "prepared", but basic canned goods, etc. to stock a home pantry.

- GIVE -

FOOD BANKS

Feeding America leads the way for food banks, which are a critical part of the Food Pantry system in America. The mission of *Feeding America* is "**to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger.**" Starting in 1979, the Feeding America network now consists of 200 food banks. They supply food to pantries and other organizations that, in turn, give food to those in need. But not only does Feeding America direct a large network of food banks, they also:

- **Provide** recovered food that would otherwise go to waste, tapping into manufacturers, retailers and other partners.
- **Provide** essential statistical information on hunger through annual studies. See:
 - [Arkansas Map the Meal Gap.pdf](#)
- **Provide** 10 meals for every dollar donated to hungry children.

Food banks do not run by themselves. They take support - both in money and time. Consider these things:

1. The Location of food banks - where is the closest food bank for your area? Is it accessible by your local food pantries? You can find the Food Banks for your county in:
 - [200KReasons Arkansas Food Banks.pdf](#)
2. Inventory at the food bank - does the food bank have enough food to meet the needs of the food pantries, soup kitchens, etc. that it serves?
 - You can help by holding a local food drive to provide more inventory to the food bank, or contacting local retail stores to see if you can "glean" food that is about to go out of date.

Transportation from the foodbank. One problem often cited by food pantries is their inability to provide their own transportation to the food pantries to pick up much needed supplies. There are 2 important ways you can help your local foodbank.

1. Provide transportation from the foodbank to area pantries.
2. Start a “food bank” station, warehousing products from the food bank at a site closer to rural pantries.

FOOD DRIVES

Food Drives and Food Packing events are another important method of providing food to food banks and food pantries in order to get it to those who need it most.

Did You Know...

Most pantries receive about 40% to 80% of the food they distribute from a food bank.

That means another 20% to 60% of the food supply must come from other sources.

Hold Your Own Food Drive

Many churches hold a food drive in connection with the Lord's Supper. The food collected on that Sunday can be used to replenish a food bank, a local food pantry, a school counselor, or other location where food is distributed.

Host a Food Packing Event

The [PACK SHACK](#) works to end hunger by throwing food packing parties where easy to prepare meals are assembled. Each meal costs just 25¢. The minimum number of meals packed at a party is 10,000. So, for a cost of \$2,500 an organization(s) can work together to provide a large number of meals which are then given to food banks or kept for use at local pantries.

- [Funnelology 101.pdf](#)

Participate in Some of the Many Annual Food Drives

Some events to watch for include:

- **FEED THE NEED** is held each year on Memorial Day weekend. This one day food drive event is sponsored by Geyer Springs Baptist Church and the Arkansas Rice Depot. A list of items needed may be picked up at a participating store or church. The purchased items are placed in “Feed the

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Need” trucks at designated Wal-Mart locations. The items are transported to food banks around the state.

- The National Association of Letter Carriers sponsors the **STAMP OUT HUNGER** food drive on the 2nd Saturday in May each year. Letter carriers in most areas participate by collecting non-perishable food to provide local pantries. Simply put your donations in a bag next to your mail box.
- The **GIRL SCOUTS** and **BOY SCOUTS** hold food drives in many areas. For information, contact your local GSA or BSA chapter.

FOOD PANTRIES

Partner with a Food Pantry - One of the most common ways that local churches provide food is through food pantries, and the easiest way to get started is to **Partner** with an existing food pantry. Throughout the state of Arkansas, there are numerous food pantries already in operation. You may be able to provide a faster and bigger impact on hunger in your community by joining forces with an existing pantry and helping them with:

- volunteer workers
- food drives
- consistent financial support

Maintaining a dependable source of emergency food in your community takes a lot of work and resources. Partnerships with churches, service organizations, businesses, schools, and community foundations may allow for better use of those limited resources. In addition, most pantries report that clients typically visit every pantry in the area. This means food availability per client served is less with multiple area pantries than if clients only had one pantry to go to.

A few common questions when considering to partner with another pantry are:

1. How do we find a food pantry to partner with?

- If there is a **MINISTERIAL ALLIANCE** in your community, ask the members if they are affiliated with a food pantry or if they would like to start one together.
- Call your local **CHAMBER OF COMMERCE** and ask them for a list of area food pantries.
- Call your local **FOOD BANK** for a list of participating food pantries.
- Find a pantry in your area with the Arkansas Food Resource Directory, consisting of nearly 200 pages listing food pantries and food banks by county within Arkansas.
 - [200KReasons Arkansas Food Resource Directory.pdf](#)

2. Is the pantry reputable?

- Check with the **SECRETARY OF STATE** for the pantry's 501c3 or equivalent non-profit status.
- Contact the **BETTER BUSINESS BUREAU** to check for complaints about the agency.

- Call your local **DHS** office and ask if they know of any problems with the pantry.

3. Do the pantry's goals, values, and rules of operation FIT WITH OUR VALUES?

- Find out if the pantry has a clear **MISSION STATEMENT**.
- What are their **RULES OF OPERATION**? How often do they allow clients to receive food? What are the requirements to receive food?
- Do they ask for a lot of detailed **CLIENT INFORMATION**?
- Does required documentation for services preclude **IMMIGRANTS** from receiving assistance?
- Do they require **CLIENT'S ATTENDANCE** at their religious services or counseling sessions?

Once you believe you have found a Food Pantry partner, try them out first. Start by volunteering at their pantry. **Learn how they operate before attaching your name to theirs.**

Start a Food Pantry - The other way to get involved in a food ministry is to start a new food pantry

1. Location: Decide where your pantry will be located.

- Will it be at your church or in another building in the area?
- Is there sufficient parking?
- Do you have shelf space as well as adequate refrigerated and freezer space?
- Is there a waiting room for the clients near the food source?

2. Management: Select the main pantry coordinator.

You will, of course, need many volunteers to run your pantry including picking up food, stocking shelves and interacting with the clients. But to keep everything running smoothly, you will also need a "go-to" person - someone who can set the schedules, make calls to procure the food, organize food drives, be sure records are kept, etc.

3. Funding: Setup a Bank Account and Budget.

You will probably have bills such as utilities, advertising, packing boxes, and other needed items. Figure out what your expenses will be and how you will acquire the funds to pay them.

4. Materials: Acquire the basic items for the pantry.

You will need lots of shelving. While a refrigerator or freezer is not absolutely necessary, much of the food you may receive from food banks may require it. Be sure you have pest and rodent control.

5. Food: Establish Food Sources

Get in touch with the nearest food bank. Talk to other churches or organizations about additional support. Start planning food drives.

6. Procedures: Create Rules and Guidelines

- Will you take walk-in clients or referrals only?
- Will clients need to be from a geographical area?

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- How much food will be given per child/adult?
- How often will people be given assistance?
- Do you require any type of documentation from clients for service?

For detailed information on starting a Food Pantry, read:

- [Organizing and Operating a Food Pantry.pdf](#)
- [Starting a Food Pantry.pdf](#)

TIP:

Have fabric grocery bags ready at your church or other organizations containing a list of items needed by your food pantry.

Encourage people to pick up a bag and fill it the next time they go to the grocery store.

OTHER TYPES OF FOOD PANTRIES

Mobile Food Pantry - With a Mobile Food Pantry, food is distributed to clients from a truck either in pre-packed boxes or through a farmer's market-style distribution where clients choose what they need. Some of the advantages of a Mobile Food Pantry are:

- It removes some of the barriers to access.
- It targets clients in high need areas.
- It allows for fast delivery of food that may expire quickly, such as baked good, meat or produce that have reached their "sell by" date at grocery stores.

Opt for a Coop – In a Coop, people with need become members and order the food they desire from a local foodbank. These members set all the rules: are there any dues, who else can join, etc. One type of Coop is called FANN (Friends and Neighbors Network). Training for FANN is provided by Food Security for America, with a nominal fee per organization plus travel costs. For more information, see <http://FoodSecurityForAmerica.org>.

School Food Pantries – In a school setting, or a location nearby, a School or Campus food pantry operated just like other pantries, except for the population it serves. These pantries are only for low-income children of school age and their families. For more information, see:

- [School Pantry Guide.pdf](#)

- WEEKEND FOOD PROGRAMS -

BACKPACK PROGRAMS

If 61.8% of public school students in Arkansas ¹ receive free or reduced lunches at school, what do they eat on the weekend? This is where the backpack and snack-pack programs comes in. The food packages, containing child-friendly and nutritious foods, are distributed on the last day of school each week through the school counselor's offices to those children in need. There are 3 main programs in Arkansas.

- **Arkansas Foodbank Food for Kids (formerly Arkansas Rice Depot):** The program started in 1994 when a school nurse asked the Arkansas Rice Depot for help providing food for hungry children. The Food for Kids program at the Arkansas Rice Depot grew from that request. (Visit www.RiceDepot.Org/Programs/Food-For-Kids for even more information.) The ARD distributes a list of items needed to fill backpacks. These items can be collected and delivered to the ARD.

- [Food for Kids Wishlist.pdf](#)

- **Feeding America Backpack Program:** The program, providing backpacks filled with food, has grown and spread nationwide. Feeding America, through their Backpack Program, enlists the help of their food bank members to fill the need. (See www.FeedingAmerica.Org/About-Us/We-Feed-Children/Backpack-Program for information on this program.)

- **Samaritan Community Center SnackPacks for Kids:** The SFK program provides a bag filled with healthy snacks for the weekend to children who are at risk for hunger. Currently, this program serves over 125 schools in the northwest Arkansas counties of Benton, Carroll, Madison, and Washington, distributing more than 8000 bags each school year. ² To find out how you can help, contact Samaritan Community Center at (479) 636-4198 or www.SamCC.Org.

Unless you have a personal contact at a school, the best way to participate in any of these programs is to contact your local food bank. They know which schools in your area are in need of assistance.

- [200KReasons Arkansas Food Banks.pdf](#)

¹ Office of Education Policy 2014 Arkansas Report Card

² Samaritan Community Center (www.SamCC.Org)

- ASSIST -

RESOURCE CENTER

Imagine what it must be like to need food. Where do you go for help? This can be a very difficult situation - especially for those who have moved from middle-class to lower-income due to the past recession. You can be the service who helps people in need find assistance. In the process, you may find people who need a caring person to listen. Be that loving hand of Jesus reaching out to those who are hurting.

How you can help:

Open a Resource Center to provide the information people need in order to find assistance by using the Arkansas Food Resource Directory.

- [200KReasons Arkansas Food Resource Directory.pdf](#)

SNAP - SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

How much do you know about SNAP? Take the SNAP Quiz and Find Out! Answer True or False to each question:

1. In order to apply for benefits, you must either make an appointment at your local SNAP office or go as a walk-in and wait for a long time to apply.
2. Even if eligible for SNAP, availability of funds may prevent someone from receiving benefits.
3. It is easy to sell SNAP benefits to someone else, and many recipients do that.
4. Most people that qualify for SNAP have applied for and receive benefits.
5. You can be eligible for SNAP if you have real assets such as a home and car.
6. It's not worth it to apply for SNAP because it only pays \$14 a month.
7. SNAP benefits can be used at places other than grocery stores.

ANSWERS:

1. **FALSE.** You can apply online at <http://humanservices.arkansas.gov/> or at any agency who is associated with the Arkansas Benefit Bank.
2. **FALSE.** SNAP is an entitlement program. Anyone who applies and is eligible will get SNAP benefits. This will not reduce the amount that goes to anyone else.
3. **FALSE.** SNAP has the lowest fraud rates on record. It uses a card, much like a debit card, not coupons like the old Food Stamp program, making it very difficult to sell benefits.
4. **FALSE.** In Arkansas, 26% of the population that is eligible to receive benefits does not participate. This places an increased burden on charitable organizations.
5. **TRUE.** Your home and vehicle are exempt from the income eligibility test.
6. **FALSE.** The average monthly benefit is \$122 for 1 person; up to \$668 for a family of four.
7. **TRUE.** Many places take SNAP benefits, including some Farmers Markets.

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SNAP Quick Facts:

SNAP Benefits CAN be used on:	SNAP Benefits CANNOT be used for:
Breads and cereals Fruits and vegetables Meat, fish, and poultry Dairy products Seeds and plants which produce food	Beer, wine or liquor Pet food Non food: Soap, paper products, household Vitamins and medicines Food eaten in the store or ready-to-eat hot food

- The Supplemental Nutrition Assistance Program (SNAP) is a government benefit program that provides food assistance to eligible households to cover a portion of a household's food budget.
- Money is deposited to an account which is accessible by the family with an EBT (Electronic Benefits Transfer) card, much like using a debit card to pay for food.
- In order to reduce fraud, the Food Stamp Program was replaced by SNAP. The error rate of SNAP is a low 3.2%, most of which is administrative error, not fraud.
- In addition to food assistance, the program provides SNAP recipients with nutrition education, employment and training, and work experience in some cases.
- Many places take SNAP benefits, including grocery stores, convenience stores, and even some Farmers Markets. See:
 - [200KReasons Arkansas USDA Farmers Markets.pdf](#)
 - [Shopping Farmers Markets.pdf](#)
- **SNAP has the biggest impact on relieving hunger than any other single program.**

How you can help:

- Provide clients with the ability to easily apply for SNAP benefits on-line by becoming a member of the **Benefit Bank of Arkansas**. Contact the **Arkansas Department of Human Services (DHS) / Division of County Operations** - www.Medicaid.State.AR.US

For more information on SNAP and its benefits, read:

- [SNAP Fact Sheet.pdf](#)
- [Quick Reference SNAP Eligibility.pdf](#)

- SUPPORT -

OTHER PROGRAMS

Support products that give back.

Many programs already exist to help feed children. You can help by helping them. **ConAgra Foods®** has been committed to ending child hunger in America for nearly 20 years. Their current goal is 3 million meals. Boxes specially marked with a red push pin contain a code. For each code you enter, they provide 1 meal.

- [End Child Hunger Shopping List.pdf](#)



Attend one of many Charity Events.

Serving Up Solutions is held annually at the Arkansas Governor's Mansion. At this event, the state's first lady and other notable Arkansans will be the wait-staff. Your money for the meal and the silent auction is used to provide local pantries and food banks with much needed funds.

Support Businesses Involved in the Combat Against Childhood Hunger.

Corporations give large contributions to the hunger cause. Your support of these businesses contributes to their ability to continue to provide funds and services to this cause.

Core Supporters:	Other Major Supporters include:	
Arby's	Denny's	Nestle
Domino Sugar	JC Penney	Philadelphia Cheese
Sysco Food Service	Karo Syrups	Romano Macaroni
The Food Network	Kellog's Food	Grill Tyson Foods
Walmart	Mimi's Cafe	

- INTERNET RESOURCES -

*There is a wealth of information available to help you
PROVIDE
food such as these 200KReasons Recommended Websites.*

ARKANSAS DEPARTMENT OF HUMAN SERVICES (DHS) / COUNTY OPERATIONS OFFICES:

www.Medicaid.State.AR.US

200KReasons Toolkit: **Provide**

Keywords: **SNAP**

The Arkansas Department of Human Services (DHS) Division of County Operations administers the Supplemental Nutrition Assistance Program (SNAP), also known as Food Stamps. An online listing of offices by county is found at www.Medicaid.State.AR.US/InternetSolution/General/Units/CoOff.aspx.

ARKANSAS DEPARTMENT OF HUMAN SERVICES (DHS) / OFFICE LISTINGS:

HumanServices.Arkansas.Gov

200KReasons Toolkit: **Provide**

Keywords: **SNAP, WIC**

Divisions within DHS handle the Supplemental Nutrition Assistance Program (SNAP) as well as the Women, Infants, & Children (WIC) special nutrition program. To locate a listing of the Arkansas Department of Human Services (DHS) office locations, go to HumanServices.Arkansas.Gov/Pages/DHSOffices.aspx.

ARKANSAS FOODBANK: www.ArkansasFoodbank.Org

200KReasons Toolkit: **Provide, Volunteer & Witness**

Keywords: **Food Bank**

The Arkansas Foodbank mission is to be a cornerstone of hunger relief that acquires and distributes, through local and national partnerships, large quantities of food and other resources to hungry people.

ARKANSAS HUNGER RELIEF ALLIANCE: www.ARHungerAlliance.Org

200KReasons Toolkit: **Garden, Provide, Teach, Volunteer & Witness**

Keywords: **Advocacy, Food pantries, Gleaning**

The mission of this agency is to reduce food insecurity in Arkansas through direct hunger relief, education and advocacy. To download a copy of "**Organizing and Operating a Food Pantry**", go to www.ARHungerAlliance.Org/Get-Involved/Advocate.

ARKANSAS SERVICE AGENCY ON-LINE LISTINGS: Arkansas211.Org

200KReasons Toolkit: **Provide**

Keywords: **Food pantries, Service agencies**

Site has an online list of service agencies, including those that provide hunger relief.

CHILD HUNGER ENDS HERE: www.ChildHungerEndsHere.com

200KReasons Toolkit: **Provide**

Keywords: **Food Bank**

ConAgra Foods has been committed to ending child hunger in America for nearly 20 years. Be a part of the movement! Simply look for the red pushpin on specially marked packages, and enter the code on the website.

FOOD PANTRIES ONLINE LISTING: www.FoodPantries.Org

200KReasons Toolkit: **Provide**

Keywords: **Food pantries**

Site provides an online list of food pantries by state.

FOOD SECURITY FOR AMERICA: FoodSecurityForAmerica.Org

200KReasons Toolkit: **Provide**

Keywords: **Food pantries**

Provides training for Food Coops, member-led food “pantries”.

OFFICE FOR EDUCATION POLICY: www.OfficeForEducationPolicy.Org

200KReasons Toolkit: **Feed, Provide**

Keywords: **School Lunch Program, Weekend Food Programs**

Statistics regarding the National School Lunch Program (NSLP) and School Breakfast Program (SBP) for Arkansas for the 2014-2015 school year can be found on this site.

PACK SHACK (THE): <http://www.ThePackShack.Org>

200KReasons Toolkit: **Provide**

Keywords: **Food drive**

The Pack Shack is to ensure that our neighbors have food that will nourish and strengthen them. They create delicious, nutritious meals that are easy to prepare, accessible, and affordable.

SAMARITAN COMMUNITY CENTER: www.SamCC.Org

200KReasons Toolkit: **Provide**

Keywords: **Weekend Food Programs**

The Samaritan Community Center SnackPacks for Kids program provides healthy snacks throughout the summer and on weekends.

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Download the complete list:

- [200KReasons Recommended Websites.pdf](#)

All Referenced files are available for download on the website or are included in the Toolkit.

For more information, email 200KReasons@arumc.org
or visit our website www.200KReasons.arumc.org.

