

# Prevent Hunger | March 1-31

**GOAL:** \$150,000 and 100,000 pounds



## HOW TO HELP

- Donate dollars
- Donate food
- Host a drive

## Most-Needed Items

Flour, sugar, cooking oil, broth, tuna, cereal, canned beans, hearty soups, diapers, toilet paper, feminine products, dish soap, paper towels, laundry detergent, toothpaste, shampoo and conditioner

## Plan Your Fun Group Activity!



### Fill a Car or Truck

Make it your group's goal to fill up an entire car, van or truck!



### Neighborhood Collection

Send bags and instructions home for a neighborhood donation drive.



### Dollars and Matching Gifts

Collect dollars and ask your workplace if there is a matching gift available!

Questions? Contact Liz, [lerstad-hicks@iocp.org](mailto:lerstad-hicks@iocp.org) or 763-489-7506

Learn more, download toolkit at [iocp.org/preventhunger](http://iocp.org/preventhunger)



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