



Trick-or-Treat For Those In Need

Want to help your community while going door to door this Halloween? Collect food items to donate to Sacramento Food Bank & Family Services (SFBFS)! Here is a list of suggestions to make your drive a success:

1) Write a one page letter or flyer explaining your drive and deliver it to your neighbors about a week before Halloween (see the fill-in-the-blank letter attached). It is also important to let them know that you are collecting food for Sacramento Food Bank & Family Services as some of them may want to confirm that you are representing our organization. Visit the Food Assistance program page on our web site (www.sacramentofoodbank.org/Programs/FoodAssistance) for information about how the food will be used and distributed.

2) Arrange to have a parent or other adult accompany you with a car or truck on Halloween night as the canned food items can get very heavy. Many neighbors will have their items already bagged. However, to collect loose items we suggest using a sturdy bag with a flat bottom. When the bag begins to feel heavy, empty it into a larger container stored in the car or truck.

3) Keep your goals realistic. You can only cover so much territory in one night. Start with streets around you and consider any additional areas as an added bonus.

4) Dress for success; choose a costume which supports your theme - dress as a can of soup, a salt shaker or a banana. It's a fun way to get your neighbors into the spirit of giving!

5) Include your friends in your food drive. Create a contest between you and your friends; see which one of you can get the most food donated from your neighbors. Or, bring your friends along with you; trick-or-treating is always more fun with a friend!

6) Above all else, be safe! Choose a costume that will be to walk in, stay in to well lit areas, walk with a companion and bring a flashlight with you.

If you need more suggestions or help with your drive, please contact Tarah Frost at tfrost@sacramentofoodbank.org. Thank you so much for your generosity and kindness. We wish you a successful drive and a fun and safe Halloween!

Dear Neighbor,

This Halloween, I'll be collecting non-perishable food items on behalf of Sacramento Food Bank & Family Services (SFBFS). SFBFS is a local, non-profit organization that helps families in need by alleviating their immediate pain and problems and by moving them toward self-sufficiency and financial independence. This organization offers 9 free programs to families in our community. The food I collect will be donated to SFBFS' Food Assistance program, which serves 15,000 men, women and children each month by providing them with 3-5 days worth of emergency groceries.

Please take some time this week to look through your cupboards for items you'd like to donate. My goal is to collect at least ___ food items from each house I visit, though greater donations are appreciated. I'll leave my home base around ___:___ pm and should be by your house by ___:___ pm. Watch out for me- I'll be dressed as a _____! If you won't be home that night, but would like to donate, please let me know so I can make plans to pick up your items another day this week.

When I'm all done, I'll let you know how much I was able to gather. Thank you for your help!

Sincerely,

P.S. Please see the Food Assistance wish list for the items SFBFS needs the most!



Halloween Food Drive Wish List

We accept any and all non-perishable food items

Items most needed for the coming holidays:

- Canned- sweet potatoes, peas, green beans, corn, mixed vegetables, cranberry (any form), spinach, fried onions, pumpkin pie filling and creamed items (chicken, mushroom, etc.)
- Boxed- stuffing, cornbread mixes, bread mixes and potato dishes.
- Other items- gravy mix, fruit juices and sparking ciders.

Sacramento Food Bank & Family Services
3333 Third Avenue * Sacramento, CA 95817
Tel (916) 456-1980 * Web site: www.sacramentofoodbank.org
Donation Hours: Monday through Friday, 8:30 am to 4:00 pm and
Wednesdays until 7:00 pm.