



Most Needed Items

The USDA Dietary Guidelines for Americans recommends that adults and children regularly consume foods that are high in fiber, vitamins and minerals while low in calories, salt, fat and sugar. For optimal health, everyone should aim for a diet comprised of 50% fruits and vegetables. Consider making a food donation that resembles USDA's MyPlate. You can help to not just feed but *nourish* Idaho's hungry!

Fruits and Vegetables

Canned vegetables
Fruits canned in juice or extra light syrup
100% fruit and/or vegetable juices
Tomato products and pasta sauces
(reduced sodium is best!)

Grains

Whole grain pasta
Regular or instant brown rice
Plain oats/oatmeal
Whole grain cereals with low sugar

Pantry Staples

Canola or other cooking oils
Whole wheat or all-purpose flour
Baking powder and baking soda
Dried herbs and spices
Sugar

Proteins

Canned or dried beans and peas
Unsalted nuts
Canned meats and fish (low sodium)
Canned meals (soup, stew, chili, etc.)
Peanut or other nut butters
(all natural with no trans-fat is best)

Dairy

Non-fat or low-fat milk
Milk alternatives (rice, soy, almond)
These items must be boxed, canned, or dehydrated so they are shelf-stable.

Personal Care Items

Toilet paper
Diapers
Toothpaste and toothbrushes
Soap and shampoo
Deodorant

Perishable items are welcome if they are delivered directly to The Idaho Foodbank or your nearest food pantry. To locate your nearest pantry call us at 208-336-9643.

Please do not put perishable items in food barrels!



How to put together a Food Drive Barrel

Please do not glue, paint, or permanently alter the barrels in any way. We may reuse them.

1. Turn the container so the logo is upside down; you'll be constructing the bottom of the barrel. When finished the barrel is an octagonal shape so keep this in mind as you assemble. One person can do this alone but it is helpful if you have a second person to help steady the barrel and hold it in shape.



2. Pull the sides away from each other using the side creases as a guide. Lay your arm along the creases inside the barrel and fold each one by pressing on the outside until you begin to see an octagonal shape.



3. Fold the four small triangles down first; then the two largest, trapezoid-like, flaps second. **The flaps do not touch and do not interlock.** Be sure the triangles stay on the bottom.



Triangle First



Trapezoid Second



Trapezoids Meet but don't Touch

4. Push down the long skinny flaps **at the same time**, pressing everything down so all the flaps go lower than the plane of the barrel. The long flaps should "snap" into place with the cut-outs on the trapezoid flaps.



5. Once everything is snapped into place, gently pull up on the long flaps to make a secure bottom.



6. Flip the barrel over and you are ready to collect food!

Food Drive Tips & Helpful Information

Pick-ups

- Drive pick-ups on a specific day are usually not possible but are flexible within a couple days. Contact the Food Drives Hotline at (208) 577-2750 for any changes or concerns with pick-up.
- Drivers are not allowed to accept/carry/pickup cash or check donations
- Drivers are not allowed to enter residential homes; food barrels are best picked up on the sidewalk or just outside your location.

Money

- Check donations must be mailed or delivered in person to The Idaho Foodbank. Cash donations must be delivered in person.
- Including a Virtual Food Drive is a convenient way for people to raise donations.

Virtual Food Drive

- Virtual Food Drives are recommended and encouraged as an add-on to any food drive.
- Virtual Food Drives are very simple to set up; to see an example of a Virtual Food Drive, visit www.idahofoodbank.org and click on *Get Involved*, then *Virtual Food Drive*.
- You can create your own Virtual Food Drive with your logo! Simply email your logo and the dates of your drive to fooddrives@idahofoodbank.org.
- Creating your own Virtual Food Drive allows you to track how much your organization has raised and provides your supporters with a direct connection to you.
- If you don't want to create your own drive, donors can still donate directly to the *General Food Drive* at www.idahofoodbank.org and click on *Get Involved*, then *Virtual Food Drive*.