



Circle K International Resource Guide to STUFH



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INTRODUCTION

What is STUFH?

Students Team Up to Fight Hunger (STUFH) is a non-profit organization and one of our service partners! It began as an end-of-the-year food drive at Cornell University in 1999 that managed to collect a thousand pounds of food in a week at the end of the academic year. STUFH has grown into a nation-wide project since then and has worked to garner over 5 million pounds of food donations.

Its mission is to feed the hungry and raise hunger awareness on and around college campuses. They partner specifically with college students to help raise awareness and donations. Our partnership with STUFH began in 2007, and has continued to grow.

STUFH has two main campaigns that it promotes throughout the year, Food Fight and STUFH the Bus. Food Fight is inspired by university rivalry that arises with sports, particularly football. The concept is that the battle on the field can also be taken off the field and be turned into a battle to raise the most food for the local food bank. STUFH the Bus is a food drive program that aims to fill a school bus with food donations to local food banks. A bus is parked on campus and decorated, and over a week period, donations are collected to fill it. Beyond those two campaigns, STUFH promotes general food drive campaigns, such as end-of-semester food drives or volunteering with food banks.

Why choose STUFH?

Although we typically view hunger as a problem not present near us, hunger is very real in our local communities. Below are some facts about hunger in the U.S. and around the world to give you an idea of how real the problem is.

According to Feeding America,

- 13 percent of households in America were food insecure in 2015, which means around 42.2 million Americans lived in food insecurity
- 13.1 million of those Americans in food insecurity were children
- Households with children have a higher rate of food insecurity, at around 17 percent

According to the Food and Agriculture Organization of the United Nations,

- Globally, 795 million people are undernourished
- This number translated to one in every nine people worldwide facing undernourishment
- Numbers of undernourished people vary by region. There are 15 million in developed regions, 281 million in Southern Asia, 220 million in Sub-Saharan Africa, 145 million in Eastern Asia, 61 million in South-Eastern Asia, 34 million in Latin America and the Caribbean, 19 million in Western Asia, 4 million in Northern Africa, 6 million in Caucasus and Central Asia, and 1 million in Oceania

Project Ideas

STUFH the Bus



Food Fight

The new battleground on campus

How to Host a Food Drive

Logistics

Start by contacting your local food bank and asking them for a list of what foods they need and what foods they will and will not accept; below are just examples of a general case. Be sure to determine how long you want your food drive to last. Typical food drives last around one or two weeks, but determine the optimum time based on your campus.

As soon as possible, begin advertising your food drive by hanging up posters, banners, and flyers around campus. Also utilize social media to advertise; most groups will make a Facebook event and send reminders through that, and they will typically also encourage club members post statuses about the drive. Ask different organizations on campus to donate to the food drive, or to partner with your club in hosting it. Ask residence halls if you can place donation boxes in their front desks and ask them to share information about the drive with their residents.

Think outside the box in how you get people interested! Consider making your food drive themed, or make it a competition! You can also consider having categories of awards, such as largest donation from an organization, or you can give a reward to donors, such as a raffle ticket for every 5 pounds of food donated.

After you gather your donations, handing the food over to the food bank will need to be figured out on a case-by-case basis with your food bank. Typically, food banks will arrange to have a truck pick up all donations at an agreed upon time, but this might not always be the case. If your representative chooses to pick them up, be sure to choose a day that works well with events on campus, such as move-out.

Whatever you do, have fun with it! Be sure to share your work with the rest of CKI!

What items are typically acceptable?

Each food bank will have its own set of guidelines to follow, so be sure to check first! In general, be sure to collect non-perishable food items, and ensure your donations are lower in fat and sodium!

- Protein items - This includes canned items such as tuna, chicken, or stews, or even items such as peanut butter or beans.
- Fruits and vegetables - Canned fruits or vegetables are ideal, especially fruits in their own juice, water, or light syrup, or low-sodium vegetables.
- Oil and spices - Although most people might not think of it, canola oil or olive oil and spices are ideal items for a food bank! These items allow recipients to cook more varied and interesting meals.
- Healthy snacks and cereals - Be sure that if you pick out any cereals or healthy snacks that they are low in sugar. Dried fruit, nuts, and cereal/granola bars are ideal.
- Canned meals - Again, verify that these meals are low on salt and fat, but any canned meals are great items to collect.
- Stable shelf-life milk - Items such as dry milk or milk that does not need to be refrigerated are in great need.
- Fresh produce and frozen foods - While these items do have an element of perishability, many food banks will accept these items. A great way to turn your food drive into a volunteer event is to have a harvesting event to collect fresh produce for your local food bank.

How to Host a Food Drive (Continued)

What items are typically not acceptable?

Health is the main concern when it comes to donations, so usually only health-related concerns will prevent items from being accepted. Again, double check with your food bank!

- Damaged items-Some items like cans might have dents, but depending on the damage to the item, it might be acceptable. Be sure to verify if your donations will be accepted ahead of time.
- Homemade food items - Because these items are not sealed and ingredients are not listed, these items cannot be accepted. If you want to cook or bake, you can always host a bake sale to fundraise for your food bank, or see if they ever need meal prep for an event!
- Opened items - These items are no longer sealed, and are a health hazard to consume. Please ensure all items are sealed.
- Expired items - This also represents a health hazard due to risk of illness. Be sure to check your expiration dates in advance and check with your food bank about all guidelines in advance!
- Items packaged in glass - Glass packaging can easily crack and become a hazard to both volunteers handling the items and clients receiving the items.
- Bulk items- Food banks might not be able to repackage bulk items into sizes that can be distributed more easily, so it is better to skip straight to the smaller sizes!



Tips for End of Semester Food Drives

Basics

The same principles as any other food drive apply. Start by contacting your local food bank to see what items they need and what items they will and will not accept; see the how to host a food drive resource for general information. In this case, your food drive will typically last for one week, as individuals move out. Again, advertise your food drive as normal, such as by hanging up posters, banners, and flyers, as well as utilizing social media.

Partner Up

For a successful end of the semester food drive, you will most likely want to partner with your school's residence halls and their associated organizations. This will increase your ability to collect donations in the residential halls and will increase awareness of the drive. As per usual, you should partner up with other community service organizations on campus to help increase the scope of your drive and the number of students aware of and involved in it.

Location is Key

An end of the semester food drive is most successful when the drop-off points are convenient for students, so location of these drop-off points are key. Here are some suggested locations.

- Near a trash room - While you do not want your food too close to the trash for safety reasons, placing your drop-off point near the trash is a great idea! This will encourage individuals who were going to throw out their extra food to donate it, as it would have gone to waste otherwise.
- Near other donation sites - Many campuses have donation points on campus for other items, such as clothes or cleaning supplies. Since those who are inclined to donate will be there anyway, putting your donation bins there would increase your chances of getting donations.
- Residence hall lobbies - Many residence halls have an entry area or front desk that many students pass by each day. These are great ways to collect donations as they are convenient for residents and visitors.
- Inside residence halls - To make it even more convenient for students, ask if you can place collection bins inside the residence halls themselves! This would decrease hassle for students significantly, but requires a great deal of coordination with those working in the residence halls.
- Common areas on campus - Not every student lives on campus. Thus, having collection bins at the central points of campus will allow those who do not have access to residential halls to feel included and to contribute! Place them in libraries, student unions, gyms, dining halls, coffee shops—anywhere you can think of that gets a great deal of foot traffic!



STUFH the Bus

STUFH the bus is one of STUFH's main campaigns in the fight against hunger. This project's main goal is to fill a school bus with donated items for your local food bank, typically over the course of one or two weeks. This event is also a great opportunity to team up with your local branches of the K-Family!

Steps to plan a STUFH the bus

- Figure out the basics- In your club, discuss ideal timeframes to have the event and where on campus you would like to park the bus. Again, this event is usually held for a week or so on or near campus, and is more successful when there are not as many other events on campus. Try to place the bus at a well-traveled part of campus to ensure people see it and take interest.
- Get approval- Ensure your school is okay with having a bus parked on campus at your chosen location and time, and work with them to find something beneficial for both of you. Further, some schools will have requirements to host a food drive or advertise. Be sure to figure out what your school requires and accepts and act accordingly.
- Secure a bus- Now that your date and location are secured, book the bus. You can try contacting a local school bus barn or even see if your university will loan a bus for the event. You can also always try other local bus businesses. STUFH will assist you in finding a bus if you cannot find one; contact information is on their website at stufh.org.
- Advertise- Begin advertisement as soon as possible, but ideally at least one week prior to the collection week. Put up flyers, banners, and posters around campus. Have a social media presence by having Facebook events and having members post on their accounts about the food drive. If your school has newsletters for different programs or departments, try to run an ad in them.
- Collection- Ensure your club (and/or K-Family clubs) have a schedule of who will be collecting donations by the bus. Additionally, you can look into having collection points around campus that you pick up from, such as in residence halls, libraries, and student centers. Also consider collecting monetary donations for those who wish to donate but do not have food items on hand, and use those to purchase food donations.
- Reach out- Consider collecting donations from the community around campus and from the communities near your partnering K-Family clubs.
- Afterward- Arrange with your local food bank to drop off or pick up donations. Also arrange with your bus company how they wish to get their bus back. In general, try to ensure your donation and bus transportation is on a day where campus is not as busy! Submit your photos to STUFH and CKI so we can acknowledge your hard work.
- Thank everyone who helped you- Thank anyone who helped you along the way, whether it is your local K-Family clubs, donors, organizations, or local businesses.



Food Fight!

One of STUFH's biggest campaigns is Food Fight, which focuses on the intense campus rivalries that accompany sports. In a Food Fight, you go head-to-head with another school to see who can raise the most donations for your local food bank over the course of a week or so leading up to the big game. While these usually occur during football season, you can host a Food Fight any time of the year with any sport.

Steps to a successful food fight

- Choose the biggest game of the year - The whole point of food fight is to make the rivalry mean more than bragging rights. The rivalry will be strongest during your biggest game, so try to do it then! Luckily, the rivalry will be there all year round, so don't worry if you miss the big game.
- Challenge the other university- Make sure you contact the other school to ensure you have a full-fledged food fight! This is a great opportunity to have a CKI interclub.
- Get approval - Some schools will have requirements to host a food drive or advertise. Be sure to figure out what your school requires and act accordingly.
- Contact other organizations on campus - A great way to get more people involved is to team up! Ask other organizations if they would like to donate or partner with your club.
- Advertise- With all of your details set, begin to advertise as soon as you can, but at least one week before the food fight. Put up flyers, banners, and posters around campus, and post on social media (Facebook events, etc.). If your school has newsletters for different programs or departments, try to run an ad in them.
- Collection - Set up bins around campus (especially near residence halls, libraries, and student centers) where students can donate. Be sure to have a tabling event (or multiple) on campus explaining what you are trying to do. Collect donations at any tabling events or other promotional events you host, and consider going door to door on campus asking for donations! You can also consider collecting monetary donations from those who wish to donate but do not have any food items to donate and use those funds to purchase food donations. Try to arrange to collect donations at the big game itself!
- Reach out - Also consider collecting donations from the community around campus. Rivalries usually extend to the areas surrounding campus, so residents might donate!
- Afterward - Arrange with your local food bank to drop off or pick up donations. Submit your photos to STUFH and CKI so we can acknowledge all of your hard work!
- Thank everyone who helped you in the food fight - Thank anyone who helped you along the way, whether it is donors, organizations, or local businesses.

What to avoid

- Food fight - Many people assume that Food Fights have a physical food fight component. The point of the food fight is to raise food donations, not to waste food, so a physical food fight is not typically part of the project.
- Negativity - You are trying to beat your rival, but remember that this is a friendly rivalry! Keep it civil. Do not take the rivalry too far by attacking individuals in ANY manner—physical or otherwise.

Other Ways to Fight Hunger

Want to try something else to help fight hunger in your community? Below are some ideas for events to gather donations, things you can do with your food bank, and other events ideas for you to try in your clubs!

Events you can host in your community

Any event can easily turn into a way to raise donations for your food bank! Consider hosting a fun event in your community where the entry fee is either cans of food or a small amount of money—both of which can be donated to your local food bank. Here are just a few examples of events you can host:

- A pageant- Whether you want to make it silly or serious, having a pageant is always a great way to raise money! This event is a lot of work, but is one of the best ways to spread awareness due to the contestants and the support their friends will give them. You can either invite the student body at large to nominate individuals, or you can invite different student organizations, fraternities, and sororities to choose a representative. You can have the show consist of a talent portion, an interview, or anything else you'd like-- just make it engaging! Be sure to have an award for the contestant who raises the most money/pounds of food for the food bank. As the event gets closer, host a couple of mandatory rehearsals for your contestants, tech crew, and emcees to ensure the show is smooth.
- A video game or dodgeball tournament- Host a video game or dodgeball tournament! Make contestants pay the donation to enter, and give the winner a gift card. In the case of players entering as teams, you can advertise to clubs on campus, and/or allow individuals to join independently of a club.
- A dance-a-thon- Host a dance-a-thon at your school! Have dancers collect sponsorships for monetary or food donations based on the time that they dance, or have dancers give an entry donation. At the event, you can sell food and drinks or have a raffle to further raise donations.
- A walk or run- Host a walk or run around your school or its track! Have participants pay a monetary or food donation fee to enter, or have them collect sponsorships for the number of laps around the track they run or walk. Again, you can sell food and drinks or have a raffle to further raise donations.
- Host a catered meal/cookout/pancake breakfast- Partner with a local restaurant or have your own barbeque or pancake breakfast to raise funds and donations. Have attendees pay an entry fee in monetary or food donations.

Volunteer at your food bank

Food banks don't only need support with donations. They have tasks that need to be done regularly. Many opportunities are listed online and vary based on the food bank. Typically, this is some of what you can expect to do with your local food bank:

- Sorting - Food donations need to be sorted to ensure the items can still be consumed, and into various categories based on nutritional value.
- Distribution- Hand out food to the families in need.
- Packing - Pack boxes of food for families to pick up, or bagged lunches for local kids. This can also include putting together packs for families to use during emergencies.
- Gardening - Many food banks have a garden that needs volunteer help!
- Office work - Food banks need help entering data, filing, and doing paperwork.

Additional ways to help

- Orchard picking - A fun event your club can do is go orchard picking! Many locals with fruit trees might have an excess of fruit that they just want to get rid of. Instead of letting that fruit go to waste, ask them if your club can come and pick the fruit off their trees to be donated to your local food bank! Your food bank might be able to help you locate some of these growers, or you can do a search online for gleaning groups. You also can advertise to members of your community in neighborhoods near your school to have their backyard trees picked. These types of events usually last for around 3 hours.
- Host a sandwich-making marathon - This event is a fun extravaganza! Host a giant event to make sandwiches to be donated to the hungry in your community! Usually this event is done with peanut butter and jelly sandwiches. All you need is bread, the peanut butter and jelly, knives to spread with, and some gloves. These types of events usually last for around 2 hours.
- Ask local grocery stores or restaurants - Many stores or restaurants have unsold food that just goes to waste every day. See if you can work with businesses in your community and your local food bank to forge a partnership to donate edible yet unsold food to those in need!