



Paul Robeson Campus Center Rm 226  
350 Martin Luther King Dr  
Newark, NJ 07102  
pantry\_run@newark.rutgers.edu

Dear pantryRUN Food Drive Organizer,

Please accept our sincerest thanks on behalf of pantryRUN for your dedication to the Rutgers University-Newark community.

Your time and effort will provide additional supplies for our community and increase attention to food insecurity on college campuses. While you are addressing the immediate need for food, the awareness you are building is lasting and can lead to long-term, systematic changes that will protect our community.

We hope this toolkit is helpful for you. Please feel free to reach out and let us know if you need any additional support or materials to host a successful drive. You may direct any questions or concerns to:

pantry\_run@newark.rutgers.edu

We can't wait to work side by side with you to outsmart food insecurity together!

With appreciation,

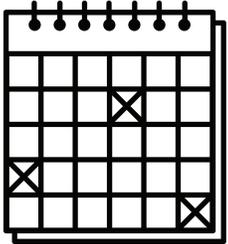
Hend El-Buri  
pantryRUN Director

# Hosting a Drive



Let us know if you're hosting a drive and we can help promote it!

We can also let you know what pantryRUN needs most at the time of your drive!



## Choose a timeframe

Most drives last about a week so people have enough time to donate. Your drive can be longer or shorter. It may also make sense to have it on an occasion, like a holiday or service week.



## Choose a location

Determine if you want to have a one-day event drive or a collection bin for your donors to drop off their contributions. Have your drive in an accessible and central location. You can even have a virtual drive by having your members send us food directly! Ship food via Amazon, Target, Walmart, or any vendor of your choice to:

pantryRUN c/o Hend Elburi, Rutgers University-Newark  
350 Dr. Martin Luther King Jr Blvd, Room 226  
Newark, NJ 07102



## Get the word out

Let people know about your drive by posting flyers and sharing with friends on social media. Be sure to call, text, and let your friends know in-person.

# Most Needed Items



SHELF-STABLE 1% OR 2% MILK  
ALTERNATIVE MILKS (ALMOND, SOY, OAT)  
NON-SUGARY CEREAL (CHEERIOS)  
OLIVE/VEGETABLE OIL  
OATS & OATMEAL  
RICE (1-2LB BAGS)  
PEANUT BUTTER

## HYGIENE PRODUCTS:

TOOTHPASTE  
PAPER TOWELS  
TOILET PAPER  
GARBAGE BAGS

Please avoid:  
High-sugar cereals  
Fruits packed in syrup  
Glass jars

# About pantryRUN

## ABOUT PANTRYRUN

pantryRUN is the on-campus food pantry at Rutgers University-Newark. pantryRUN was founded by students in 2017, and continues to be a student-centered, welcoming space that provides healthy groceries to any member of the Rutgers community who needs help affording or accessing a nutritious diet.

## HOW YOU CAN HELP



### Support pantryRUN

Support pantryRUN by making a donation at  
**[go.rutgers.edu/donatepantryrun](https://go.rutgers.edu/donatepantryrun)**

All proceeds go towards achieving our mission to help every student graduate without worrying about their next meal.



### Host a Drive

Host a food drive with your club, organization, or school to collect food for pantryRUN. Use the tools in this document to help guide you, and email [pantry\\_run@newark.rutgers.edu](mailto:pantry_run@newark.rutgers.edu) for additional support. You can also hold a virtual drive by having your members send us food directly!



### Volunteer

Volunteer at pantryRUN to make a direct impact. We are always looking for volunteers to help serve our community. More information about volunteering at: **[go.rutgers.edu/pantryvolunteer](https://go.rutgers.edu/pantryvolunteer)**. To volunteer with a group, email us at [pantry\\_run@newark.rutgers.edu](mailto:pantry_run@newark.rutgers.edu)

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# About Food Insecurity



37 million  
Americans are food insecure



The USDA defines food insecurity as a lack of consistent access to enough food for an active, healthy life.

Food insecurity is a complex issue, with factors like affordable housing, health problems, medical expenses and low wages all affecting a family's food supply.

In 2018, about 37 million Americans experienced food insecurity, including over 11 million children.

Food insecurity is likely to be a factor that leads to additional health problems, and households that are food insecure have higher healthcare costs.

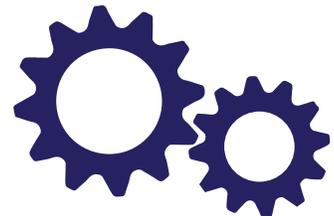
Many Americans must choose between purchasing food and paying for medical care.

To help food last longer, many people resort to skipping meals, dividing the size of meals, and selecting more affordable but less nutritious foods.

# About College Food Insecurity



41% of students  
experiencing food insecurity



In the 2018 the U.S. GAO reported, "insufficient food and housing undermines postsecondary educational experiences and credential attainment for many of today's college students."

A recent Johns Hopkins study indicated that students experiencing food insecurity were less likely to complete their degrees, especially if they were first generation.

The most comprehensive study of college food insecurity conducted by the Hope Center indicated that at 4-year institutions approximately 41% of students experienced food insecurity in the last 30 days, 44% worried about running out of food, and about half of students could not afford to eat balanced meals.

RU-N is committed to addressing student wellbeing holistically. Food insecurity doesn't exist in a vacuum, so pantryRUN works in cooperation with other campus resources like The CARE Team. The CARE Team provides wraparound case management and coordinates various available resources for students.

# Drive Checklist



## Use this checklist!

Use this checklist to make sure you are ready to host a drive!



## Let pantryRUN know!

Send an email to [pantry\\_run@newark.rutgers.edu](mailto:pantry_run@newark.rutgers.edu) and let us know when and where you're planning to hold your drive.



## Choose your Location

Choose one or more locations that are easily accessible for your participants. Be sure to label your collection bin with the flyer included in this kit!



## Choose a Timeframe

Your drive can run as long as you like. Most drives run for a week, but some event-based drives run for a single day.



## Get Volunteers

Ask your friends, classmates, family, and colleagues to help you get the word out, collect, and deliver the items to pantryRUN for distribution.



## Set Goals and Share Progress

Set a realistic goal for your drive based on your audience. Email us and find out what items we are most in need of at the time of your drive. Figure out how you will track your progress--visual trackers usually do the best!



## Share Your Results

At the end of your drive, share the results with participants. Let them know what they achieved, and let them know that there is still an ongoing need for awareness of college food insecurity. Direct them to the pantryRUN website to learn more or host their own drives!

HELP US OUTSMART HUNGER AT  
RUTGERS UNIVERSITY-NEWARK!

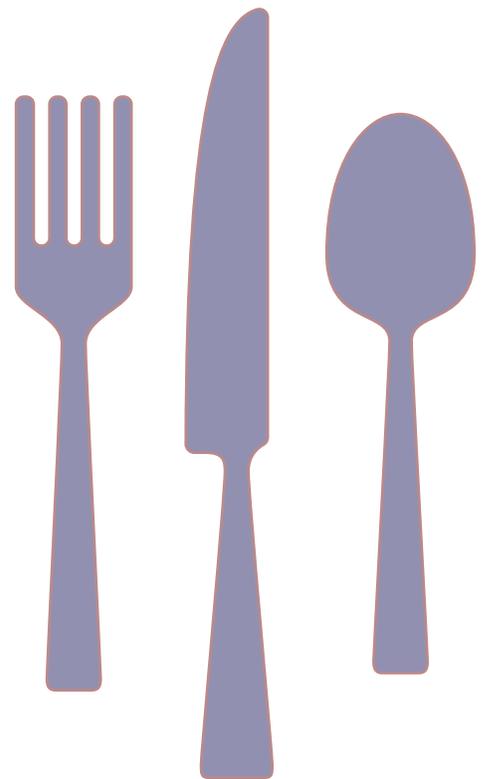
# FOOD DRIVE!

Hosted by:

Location:

Time:

Date(s):



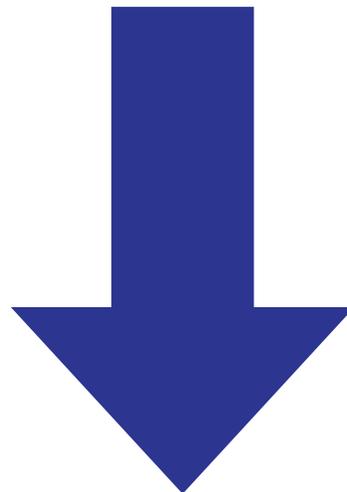
All contributions to this drive will go to pantryRUN.  
We believe every student deserves to focus on their studies  
without worrying about getting enough healthy food to eat.

**Thank you for helping us outsmart hunger!**



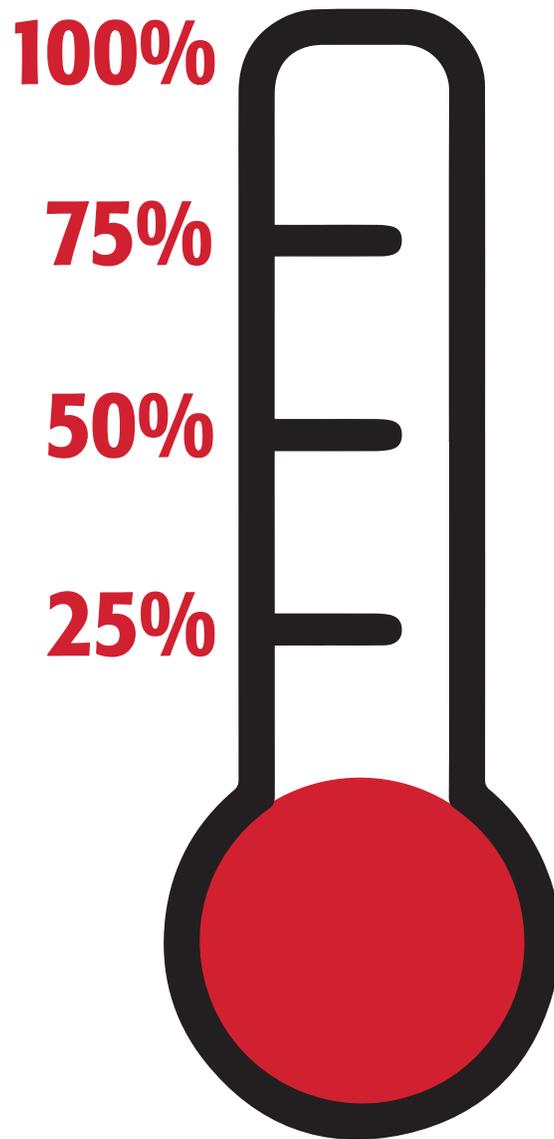
YOUR  
LOGO  
HERE

**Drop food here!**



# OUR GOAL IS \_\_\_\_\_!

It is estimated that over 30% of college students experience food insecurity. Every student deserves to focus on school without thinking about where their next healthy meal will come from.



**HELP US REACH OUR GOAL AND OUTSMART HUNGER!**

[pantry\\_run@newark.rutgers.edu](mailto:pantry_run@newark.rutgers.edu)



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# Drive Ideas



## PARTIES

If you're planning a party, ask your guests to bring food for pantryRUN instead of gifts!

## MAKE IT A COMPETITION!

Make your drive more fun by having a competition! Have teams, clubs, classes, or departments compete to bring in the most items!

## OCCASIONS

Birthdays  
Holidays  
Earth Day  
Greek Life Events  
Organization Events

# Social Media Tips



- Create attention-grabbing social media posts
- Share the event flyer on your group's social media account, and encourage individuals to share it on their personal accounts
- Share a post explaining why the drive is important to you and why your friends should contribute
- Set a goal and frequently update participants on your progress
- Use a hashtag for your event, and be sure everyone uses it when posting photos. Share your social media handle and hashtags with us so we can promote your drive too
- Give your audience the facts about food insecurity
- Thank donors by tagging them in your posts
- Upload photos to keep participants excited
- Use location tagging to let people know where the drive is being held
- Get personal by sending your friends personal messages with the details of your drive