



mcum

Hunger Games How-To 2017 Guide

So, you volunteered as Tribute.

Thank you for helping us take the odds out of hunger for local families this March and April. MCUM provides two primary services to people in need in our community:

- 1. An acclaimed, accredited, and subsidized professional childcare center that primarily serves low-income families**
- 2. Self-sufficiency assistance for families experiencing hardship.**

Our food pantry is a big part of our *Self-Sufficiency Center*. We provide clients with a 3-4 day supply of shelf-stable food supplemented by fresh fruits, vegetables and meat whenever possible. The amount of food clients receive is based on the size of their family, with a larger family receiving a greater quantity of food. The majority of our food is donated by people, churches and organizations in Monroe County, with additional food provided by the Hoosier Hills Food Bank. When necessary, we purchase supplemental food with our own funding. We also distribute basic necessities, hygiene products and household cleaning supplies to families in need.

The pantry is almost entirely volunteer-run. Clients select food items from the pantry after meeting with our professional “coaches” -- certified caseworkers who meet with each and every client personally to better understand their hardships and help them plan to achieve a better future for themselves and their families. MCUM’s coaches are able to connect clients to other resource agencies in Bloomington, provide vouchers for clothing at the Opportunity House, and can even authorize payments for utilities or rent, depending on a client’s situation.

The Hunger Games in Context

Think about the families in your neighborhood. Would you be surprised to know that two out of every five are food insecure? Food insecurity can be chronic hunger. Food insecurity can be obesity. It can be associated with unemployment and poverty. It can also be associated with full time employment. Food insecurity does not discriminate— it’s a term that describes any household that struggles with having enough food to eat. In Monroe County, it describes nearly half of households. *And 100% of MCUM’s Self-Sufficiency Center clients.*

MCUM’s new food pantry operates on client choice; households receive a card to access our pantry three times in between visits with a MCUM coach, who supports the family on its journey to self-sufficiency. The new model has allowed MCUM to feed 39% more people *every month*. What is a 39% increase over one month? It’s 995 more cans of pineapple, 597 of tuna, 398 of green beans, 199 jars of peanut butter and \$1,753, which helps 50 more households... and in order to feed them, we need your help.

How it Works

Districts (a.k.a. groups) will compete any activities (below) of interest to help MCUM bring important items to the agency. Activities are worth points – which will be added to your District’s score. Our staff will keep a leaderboard on our Facebook (@mcumorg) and on our website (www.mcum.org) so you can see where your District stands compared to the others.

During March and April, one member of your District will need to check in with us at least once in between each of these four date ranges:

- March 1- 17
- March 18- 31
- April 1- 14
- April 15-28

When you check in, please let us know the following:

- any activities your District is currently working on and how they are going
- if you would like any support from us at this point in time
- which outreach activities, if any, you are planning to complete during the drive
 - if participating in the recipe challenge or advocacy activities, you can submit your work via email at any time

Additionally, any food or hygiene items you’ve collected should be delivered to (or picked up by) MCUM within these time frames to help us keep your score up-to-date. You may drop items off any time during our business hours (listed later in this handbook) – just mention you are participating in the MCUM Hunger Games and our staff and volunteers will know what to do to ensure you get all of your points.

Earning Points

Description	Value
Collect food for MCUM’s client-choice food pantry.	5 points: 1lb
Raise money for MCUM’s Self Sufficiency Center.	15 points: \$1
Stock our hygiene and cleaning closet with basic needs essentials like toilet paper, toothpaste, and laundry detergent that cannot be purchased with SNAP benefits (food stamps).	10 points: 1lb
Collect sturdy paper grocery sacks for guests to take their food home in.	5 points: 25 bags
Canstruction Competition: Make a creative display of the food/products you’ve collected.	100 points (The most creative canstruction will receive an additional 100 pts)
Ask us to speak/give a short presentation at one of your meetings.	300 points
Bring your District in for a tour or volunteer session at MCUM.	300 points

Description	Value
Purchase a table at MCUM's Spring Into Action! Luncheon & Auction on Sunday, April 30th.	500 points
Create a recipe using only foods distributed in MCUM's food pantry.	50 points each (up to 3 recipes)
Send us a picture of your whole group doing something to raise awareness for local hunger.	10 points - Wearing the same color: +50 points - Make it into the newspaper: + 500 points

What you will Accomplish

If the Hunger Games brings in our goals of 8,000 pounds of food and \$30,000, you will be a part of a movement that:

- Provides 5,500 meals for hungry households
- Distributes 1,400 hygiene items
- Keeps 75 families in their own homes with utilities on during a financial crisis

Food List

MCUM's food pantry is a "**client-choice**" food pantry; this means clients can select the food items they want, in keeping with our selection guidelines. This style of distribution allows clients to decide what they would like to eat, which respects their individuality while reducing food waste. Volunteers accompany clients as they make their choices in the shopping room, which is re-stocked each morning to ensure there are plenty of options to choose from. Organizations' donations are key to the pantry's success; they provide nearly everything that we are able to give to help others.

We accept all forms of non-perishable food items and cleaning/hygiene products. Here are our most-needed items:

- Cereal
- Canned fruit
- Meat: canned tuna, salmon, chicken, chili, hash, spam
- Boxed sides (ex. Rice-a-Roni, Hamburger Helper)
- Corn bread mix
- Canned vegetable and tomato soup
- Baking mix (Bisquick, pancake, etc.)
- Canned Pasta (Chef Boyardee, Spaghetti-O's)
- Rice, 1 pound packages
- Pudding
- Boxed and canned potatoes

- Canned mixed vegetables
- Ramen Noodles
- Canned Carrots
- Flour
- Sugar
- Oil
- Girl's /Boy's socks and underwear
- Women's and Men's socks and underwear
- General cleaner (Mr. Clean, Pine-Sol, etc)
- Laundry detergent
- Toilet paper
- Deodorant
- Razors
- Shampoo and conditioner
- Dish soap

5 Tips to a Successful Food Drive

It's easier than you think. Any group – school, workplace, neighborhood, club, congregation, etc. – can serve as a host. Not only will the food drive help MCUM, but it will bring your community closer together in pursuit of a common goal.

1. Set a timeline and location for drop-off.
2. Announce your food drive for MCUM and explain why it's important!
3. Promote your food drive.
4. Deliver your food or arrange for us to pick it up.
5. Congratulate your group on being a vital part of MCUM's mission.

We're proud to provide these basic materials to help make your food drive a huge success, if requested.

- Large box(es) for collecting donations
- Food drive posters in a template you can modify and print as needed
- Food pantry information packet, including:
 - MCUM info, digital copies of logos, marketing support
 - "Shopping lists" donors can take with them to the grocery store

Contact Us

Checking In

Katie: kbroadfoot@mcum.org.

Development Director

or

Steve: sthomas@mcum.org.

Volunteer Coordinator

Address

Monroe County United Ministries

827 West 14th Court

Bloomington, Indiana 47404

Phone

Phone: (812) 339-3429 ext. 14

Hours for Deliveries

Monday, Thursday, & Friday: 8 AM – 5 PM

Tuesday: 8 AM – 6:45 PM

Wednesday: 8 AM – 4 PM

Website

You can also find more information on MCUM here, or feel free to contact us directly!

<http://mcum.org/hungergames>