



2016 Thanksgiving & Holiday Food Drive— Help us Feed Local Families

All supplies collected will be distributed season to low-income families living in **Carrollton, Farmers Branch, Addison, Coppell** and the **city of Dallas in Denton County**. Last year, we distributed over **2,500 boxes of food to families during November and December**.

Our Metrocrest Services Thanksgiving & Holiday Program provides more than a single holiday meal. We help families bridge the gap while their children are not in school receiving free/reduced priced meals. Each family will receive an ample box of food with quantity based on family size.

Any food remaining after the holidays is distributed throughout the year from our 1,200 square foot Food Pantry where we assist an average of 130 families weekly with 25+ pounds of food per person. During Fiscal Year 2014/2015 we distributed approximately 597,588 meals of food to help local families address food insecurities.

We need your donations! Ways to participate:

- ✓ Conduct a **FOOD DRIVE**—*get others involved at the office, church, school or in the community*
- ✓ **DONATE a BAG of FOOD**—*every single can or box of food helps*
- ✓ Fill a **HOLIDAY FOOD BOX** *to feed one family*
- ✓ Host a **VIRTUAL FOOD DRIVE** *and encourage online monetary donations*

THANKSGIVING FOOD DONATIONS DEADLINE:
FRIDAY, NOVEMBER 18th

DELIVER TO:
Metrocrest Services
13801 Hutton Drive, Suite 150
Farmers Branch, Texas 75234
Monday-Friday 8:00 a.m. to 5:00 p.m. & Saturday 9:00 a.m.-1:00 p.m.

FOOD DRIVE *It's easy as 1..2..3..& feeds local families*

Step 1: Decide whether to collect one item (such as peanut butter) or collect a variety. *See list of Food Donations Needed at bottom of this page.*

Step 2: Print posters and fliers from www.metrocrestservices.org and distribute to publicize the drive.

Step 3: Set a date for your drive and schedule a drop off or pick-up time with Metrocrest Services.

Tips on conducting a food drive:

- Be creative when encouraging others to donate. Whether you collect specific items (pasta & spaghetti sauces, for example) or any items on our list, your donations will be useful.
- Metrocrest Services can provide boxes, but since this is an added expense we encourage you to provide your own boxes.

DONATE a BAG OF FOOD *Buy extras on your next grocery trip*

FOOD DONATIONS NEEDED *No glass or perishable items!*

- Canned vegetables
- Canned fruit
- Canned meat or chili
- Jell-O or pudding
- Flavored rice or pasta mixes (Hamburger Helper, Rice O Roni, etc.)
- Canned tomato sauce or diced tomatoes
- Canned tuna, salmon, or seafood
- Canned beans (pinto, black, kidney, etc.)
- Canned soup
- Ramen noodles or instant soup packets
- Plain pasta
- Instant potatoes
- Peanut butter
- Bag of plain rice
- Macaroni and cheese
- Baking Items (Flour, Sugar, Muffin Mix)
- Cereal or Oatmeal

Fill a HOLIDAY FOOD BOX

Prepack items to feed a family

This is a great way for a family or group to participate in the holiday program.

Purchase all the following items and place in your holiday food box: ***No glass or perishable items!***

- 1 cans green beans
- 1 or 2 lb. sugar
- 1 can corn
- 1 box of Jell-O or pudding
- 2 can fruit
- 1 can pumpkin
- 1 can meat/chili/canned pasta with meat
- 1 can tuna/salmon/seafood
- 1 can tomato product
- 2 ramen, cup of soup or instant soup packets
- 2 cans of protein beans (pinto, kidney, black, etc.)
- 1 box stuffing
- 2 cans soups (1 broth, tomato or chicken noodle + 1 premium soup*)
- 1 box/bag plain pasta
- 1 jar peanut butter
- 1 box or bag of flavored rice, instant potatoes or Hamburger Helper
- 2 boxes macaroni and cheese
- 1 bag of plain rice

* Premium soup = Progresso brand or Campbell's Chunky or Hearty brands

VIRTUAL FOOD DRIVE

Give online & \$-t-r-e-t-c-h your dollar!

Save time and energy while increasing the impact of your donation by giving online or involve others by conducting a virtual donation drive. Participants can make secure online donations at www.metrocrestservices.org.

Reasons to consider financial contributions:

- Through our relationship with the **North Texas Food Bank** we can procure many food items for only \$0.14 a pound. We also obtain items through other sources at low bulk rates. This enables us to increase the impact of every dollar donation. **A \$20 donation=142 pounds of food**
- Monetary donations can be designated for certain categories such as food, toys, diapers, seniors, etc.
- We can add a drop down menu option with your organization's name on our donate page to personalize your drive and make it easy for participants.

Interested in conducting a Virtual Drive, contact Mike Harris at 972-446-2130 or mharris@metrocrestservices.org .