



The Gathering Place

a refuge for rebuilding lives

“We collect and deliver donations for Betsy’s Cupboard because it’s fun to help! We do it as a class responsibility and because we enjoy helping people.”

- Students from The Logan School

Thank you so much for your interest in sponsoring a food drive for The Gathering Place! We distribute over 8,300 pounds of food a month through Betsy’s Cupboard, so your efforts will greatly assist us in providing much needed items to members of our community. In addition, facilitating a food drive is a terrific team building activity that you can enjoy with your family, social group, members of your faith community, or colleagues and it is sure to provide a powerful learning experience for everyone involved.

This packet contains information that will help you as you prepare to facilitate your food drive for The Gathering Place. Please read through it carefully as the packet explains in detail what you will need to know prior to the food drive and what will help you ensure a successful and fun experience. The packet will also give you general information and suggestions about how to plan a memorable drive. We encourage you to be creative!

As you are beginning to think about your food drive, please reach out to me so we can talk about dates and timeframes. We want to be sure that we can support you as you are doing this drive for us and we want to give our staff and volunteers in the cupboard a heads up about any large donations that might be coming in.

Also know that we have resources, such as “Food Drive in a Box” kits, that are available to you. Please let us know how we can help to ensure your event is a success. And remember to HAVE FUN!

Best regards,

Lydia Rodriguez

Volunteer Resources Communications Manager





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Food Drive 4 TGP

Basic Food Drive Information

The following steps should ensure the creation of a successful food drive for The Gathering Place. If you need more assistance, please contact Lydia Rodriguez, Volunteer Communications Resources Manager, at 303-996-9046 or lydiafaye@tgpdenver.org.

- 1.** Select a coordinator or coordinating committee.
- 2.** Establish a goal for the amount of food you hope to collect.
- 3.** Create publicity for your event utilizing your internal newsletters, memos, email, bulletin boards, payroll inserts, and more. Consider using your website, intranet, Facebook, and Twitter accounts, as well.
- 4.** Be specific about the “most needed items” that you are collecting. (See the attachments.)
- 5.** Encourage your participants with regular reminders and updates.
- 6.** Contact Lydia or Geri Marquez (303-996-9047 or geri@tgpdenver.org) to schedule your drop off date and time.

Ideas and Suggestions

*Be creative: Set a fun theme for your event.
(e.g. Christmas in July (collect items for a holiday meal), The 1,000 lb. Challenge)*

*Host a potluck. Ask attendees to bring a dish and the raw ingredients
for that dish to be donated to Betsy's Cupboard.*

Offer a discounted price of admission to an event in exchange for food item donations.

Encourage competition between departments, classes, groups, or sites, if appropriate.

*Set up highly visible (decorated or well-labeled) donation receptacles in heavy traffic
areas and provide bags to return donated items in.*

*Request matching contributions from a store or
a monetary gift from your employer to boost the impact of your food drive.*

*Remember to publicize the results of your drive and to
acknowledge those who were most responsible for its success.*



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Most Needed Items for Betsy's Cupboard

Please note that in an effort to support the health of those we serve at The Gathering Place, we prefer organic, low-sodium, and low-fat food item donations whenever possible. According to the Colorado Health Foundation, two out of three Coloradans will be obese by 2017 and will suffer from obesity related diseases. The likelihood that an individual will experience obesity triples when their family income is less than \$25,000 a year.

NON-PERISHABLE FOOD

- Peanut butter
- Soups and stews
- Coffee, tea, cider packets, or cocoa packets
- Brown rice
- Beans, canned or dry
- Whole wheat pasta
- Spaghetti sauce
- Milk, powdered or canned
- Canned tuna, chicken breast, or salmon
- Canned fruits in 100% juice or its own juice
- Canned vegetables
- Make-a-meal: Tuna or Hamburger Helper
- Frozen entrées, beans and rice combos
- Snack items (e.g. tuna and cracker packs, crackers, nuts)
- Granola bars
- Oatmeal or other whole grain hot cereals
- Whole grain cold cereal
- Condiments- mayonnaise, mustard, etc.
- 100% bottled juice
- Bottled water
- Vegetarian products
- Microwavable items
- Fresh meats
- Cheese
- Bread

- Fresh veggies and fruits that do not have to be refrigerated (e.g. apples, oranges, potatoes, squash, tomatoes, onions, carrots, green beans)
- Gatorade

PERSONAL SUPPLIES

- Deodorant
- Lotion
- Toothbrushes, toothpaste, and floss
- Tampons/pads
- Shampoo and conditioner
- Razors
- Hair care products
- Denture - Polygrip/Efferdent
- Cosmetics for all skin colors
- Laundry detergent (preferably powder)
- Dryer sheets
- Fabric softener
- Dish soap

OTHER

- Tissues/Kleenex
- Toilet paper
- King Soopers/ Safeway gift cards
- Can openers
- Reusable shopping bags



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NON-PERISHABLE FOOD

- Brown rice
- Whole wheat pasta
- Spaghetti sauce
- Canned meats (tuna, chicken, salmon, beef)
- Canned fruits in 100% juice
- Bread and cake mixes, frosting
- Make-a-meal: Tuna or Hamburger Helper
- Healthy Choice meals
- Fresh veggies and fruits
- Gatorade or other sports drinks
- Coffee, tea

- Bottled water
- 100% bottled juice

PERSONAL SUPPLIES

- Deodorant
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- Tampons/pads
- Shampoo
- Toilet paper



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Did you know?

5 fast facts about The Gathering Place

- 1 We are Denver's only daytime drop-in center for women, their children, and transgender individuals experiencing homelessness and poverty.
- 2 Each month we receive an average of 5,179 visits from women and 499 visits from children.
- 3 We offer three nutritious meals—breakfast, lunch, and a hearty afternoon snack—every day and serve approximately 5,400 meals a month.
- 4 Each month, Betsy's Cupboard distributes an average of 439 food bags and over 300 individuals visit Bridget's Boutique for clothing.
- 5 When The Gathering Place was founded in 1986, women and children made up 10% of Denver's homeless population. Now they represent more than 50% and are the fastest growing segment of the homeless population.

Betsy's Cupboard Needs List

NON-PERISHABLE FOOD

- Peanut butter • Soups and stews • Coffee, tea, cider packets, or cocoa packets • Brown rice • Beans, canned or dry • Whole wheat pasta • Spaghetti sauce • Milk, powdered or canned
- Canned tuna, chicken breast, or salmon • Canned fruits in 100% juice or its own juice • Canned vegetables • Make-a-meal items (Hamburger or Tuna Helper) • Frozen entrées, beans and rice combos • Snack items (e.g. tuna and cracker packs, crackers, nuts) • Granola bars • Oatmeal or other whole grain hot cereals
- Whole grain cold cereal • Mayonnaise • Mustard • 100% Bottled juice • Bottled water • Vegetarian products • Microwavable items
- Fresh veggies and fruits that do not have to be refrigerated (e.g. apples, oranges, potatoes, squash, tomatoes, onions, carrots, green beans)

PERSONAL SUPPLIES

- Deodorant • Lotion • Toothbrushes and toothpaste • Tampons/pads* • Shampoo and conditioner • Razors • Hair care products
- Denture-Polygrip/Efferdent • Cosmetics for all skin colors
- Laundry detergent • Fabric softener • Dryer sheets • Dish soap

OTHER

- Tissues • Toilet paper • King Soopers/Safeway gift cards • Small can openers • Reusable shopping bags

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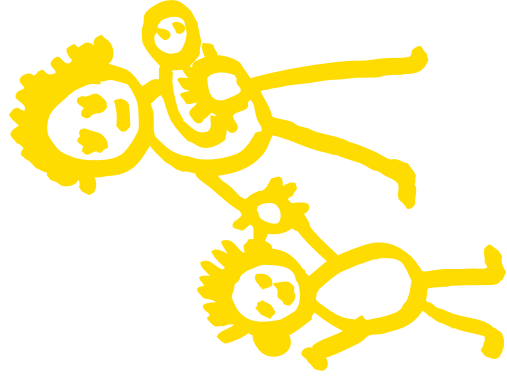
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Your donation makes a difference!



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Each month we distribute an average of
over 8,700 pounds of food and
386 toiletry bags in Betsy's Cupboard.

Thank you for providing these essential items for the women and children we serve!