



## DECEMBER ACTIVITIES

The following activity was taken from the Team Nutrition Community Nutrition Action Kit. See page 104 for information on the availability of this resource.

# Food Guide Pyramid Food Drive

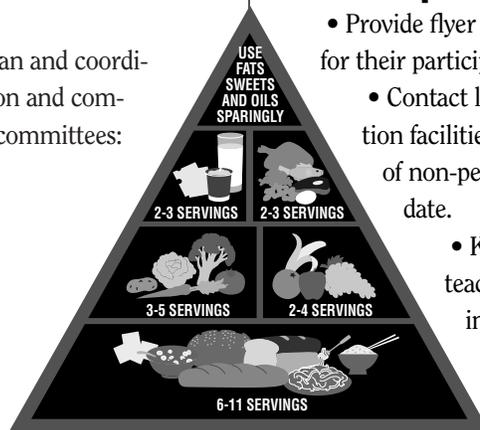
### Follow The Crowd...

encourage neighbors and friends to join in! The goal of this community-based activity is to fill grocery bags with non-perishable foods from each of the groups in the Food Guide Pyramid. The food bags are then donated to local food banks or similar food distribution facilities for distribution to people in need.

### At 4-6 Weeks Before Food Drive: Action Plan

#### Getting Started

- Establish a small committee to plan and coordinate the food drive. Select a chairperson and committee chairpersons for the following committees:
  - Planning
  - Promotion
  - Collection and assembly
  - Volunteer recruitment
  - Decoration/Food
- Develop a plan for carrying out the food drive.
  - Contact the principal, teachers, food service staff, local school district administrators, other schools and your Cooperative Extension office to invite their participation. Describe the activity and discuss the benefits of the activity for them and the community. You may want to include other schools in your area as well as local businesses.
  - Develop a one-page flyer describing the activity. Reproduce the flyer and food list for distribution.



### At 4 Weeks: Action Plan

#### Follow up

- Provide flyer and food list to your contacts and ask for their participation.
- Contact local food banks or other food distribution facilities to obtain acceptance of the donation of non-perishable foods. Set tentative delivery date.
  - Keep an ongoing record of schools, teachers and businesses that are interested in helping with the food drive.
  - Check community, school and church calendars for “open” date(s) for the food drive. The food drive itself will run over a two-week period, the last day or two being devoted to the assembly and delivery of the food bags.
- Discuss plans for publicity.
- Contact schools, community recreational facilities, grocery stores, etc., for donated space for food collection sites.

### **At 2 Weeks: Action Plan**

- Contact local businesses and civic groups and request their involvement, such as providing assistance with transporting the food to food banks. Obtain a written commitment.
- Design a flyer to advertise the food drive which includes the list of foods suitable for donation. (Could be a contest with the design selected by the planning committee.)

### **At 1 Week Before 2-Week Food Drive: Action Plan**

- Check with food banks to confirm they still want the food donations and make sure delivery date is OK. Get directions to the food banks as well as parking and unloading instructions.
- Schedule sessions to explain the food drive activity and review the Food Guide Pyramid concepts, etc., with youth participants. Handouts for adult volunteers are developed and distributed.
- Youth and adult volunteers commit to participate in the food drive by signing up for the following jobs:
  - Distribute flyer
  - Bring in donated food
  - Set up major collection site
  - Assemble food bags
  - Load food bags
  - Deliver food bags
  - Help with distribution of food
- Distribute food drive flyer in the school and throughout the community at supermarkets, places of worship, libraries, other schools, etc.

### **Day Before 2-Week Food Drive: Action Plan**

- Remind students and the community that the food drive is beginning and that they have two weeks to collect food donations.

### **During The 2-Week Food Drive: Action Plan**

- Design the Food Guide Pyramid food collection site. Design would include floor lay-out as well as decorations. For example, tape could be put on floor in the outline of a triangle and tables would be in each food group section for the food. Or, design a giant pyramid wall collage of empty packages of donated foods and have Food Group labeled tables set up along the walls for the food.

### **Day Before Food Assembly Day: Action Plan**

- Prepare snacks and beverages for youth and adult volunteers.
- Set up registration/information tables at the entrance.
- Set up the Food Guide Pyramid food collection area
  1. main deposit area for receiving donated food;
  2. tables for holding foods separated into food groups;
  3. food bag assembly area;
  4. holding area for bagged food prior to loading into delivery vehicles; and
  5. tables and chairs where volunteers can relax.
- Place empty food bags on assembly table.
- Mark area in front of collection site for “dropoff” parking while delivering food items.
  - Put up poster or banner at the entrance to advertise the food drive.

### **Assembly Day: Action Plan**

- Welcome the volunteers who are there to receive the donated food and get it ready for delivery to the food banks.
- Review traffic control procedures with the traffic person, so things run smoothly during food dropoff.
- Greet food donators at the entrance and explain that they are to deposit food on the main receiving table.
- Students, parents and volunteers separate the food into the food groups and place on the appropriate food group tables.
- Assemble food bags according to suggestions from the food bank.
- Load the food bags and any extra food items into the vehicles for transporting to the food bank. Call the food bank and let them know estimated arrival time.

### **Close-Out: Action Plan**

- Ask students to assist with cleaning up the refreshments, collecting and loading areas.
- Close the activity by thanking all the students and volunteers.

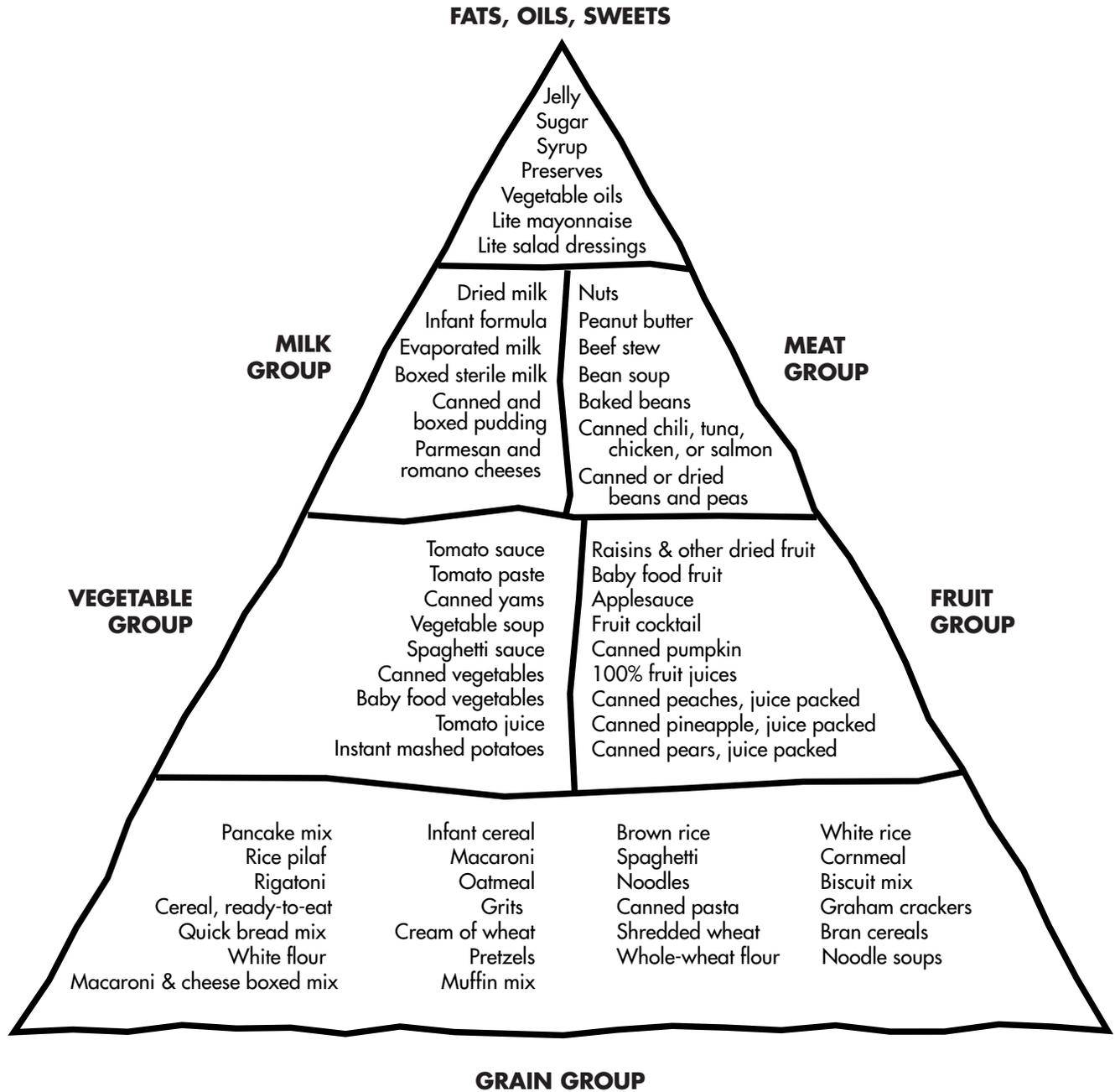
### **Info Note:**

The first time you conduct this activity you may want to limit it to classes within your school or to just your school.

As you become more experienced, you may want to expand to include other schools and the community and include several dropoff sites. Then donations could be brought to a central location before taking them to the food banks. Or, you could have several Food Guide Pyramid food drive collections okay the bag assembly and delivery.

Use this chart to help you select non-perishable foods for your Community Food Drive.  
 When assembling the food bags, choose at least one food from each food group.  
 (Choose plastic containers rather than glass whenever possible.)

# Food Bank Wishlist



Source: Adapted from Pennsylvania Dietetic Association's Pyramid Power Food Drive.



Recipe of the Month

The following recipe was taken from Team Nutrition's Food, Family & Fun: A Seasonal Guide to Healthy Eating. Turn to page 104 for ordering information.



# New Oatmeal Raisin Cookies

20 Minutes, Serves 2½ dozen cookies

- 3/4 cup sugar
- 2 tbsp. margarine or butter
- 1 fresh large egg
- 2 tbsp. lowfat milk
- 1/4 cup canned applesauce
- 3/4 cup all-purpose flour
- 1/4 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- 1/4 tsp. salt
- 1¼ cup quick oats
- 1/2 cup raisins

Preheat oven to 350°F

1. Guide children in using an electric mixer on medium speed. Cream sugar and margarine or butter until smooth and creamy.
2. Ask child to slowly add egg. Mix on medium speed for 1 minute.
3. Child can slowly add milk and applesauce. Mix for 1 more minute. Scrape the sides of the bowl.
4. In a small bowl, help child combine together flour, baking soda, cinnamon, nutmeg, and salt. Add dry ingredients gradually to the creamed mixture and mix on low speed for 2 minutes, until blended.
5. Add oats and raisins and blend for 30 seconds on low speed. Scrape the sides of the bowl.
6. Child can portion dough by rounded teaspoons onto lightly greased cookie sheets.

Bake for 10-13 minutes until lightly browned. Cool on a wire rack. Yummy!



**Nutrients per serving (1 cookie)**

Calories . . . . . 70	Saturated Fat . . . . . 0.3 g	Iron . . . . . 4 mg
Protein . . . . . 1g	Cholesterol . . . . . 8 mg	Calcium . . . . . 7 mg
Carbohydrate . . . . . 14 g	Vitamin A . . . . . 14 RE	Sodium . . . . . 42 mg
Total Fat . . . . . 1.3 g	Vitamin C . . . . . 0 mg	Dietary Fiber . . . . . 1 g

# SCHOOL-SIZED

## Recipe of the Month

This recipe was taken from Team Nutrition's *Tool Kit for Healthy School Meals*.  
Turn to page 104 for more information on this resource.



# Vegetable Chili

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		1/4 cup		1/2 cup
*Onions, chopped	1 lb. 4 oz	1 qt	2 lb., 8 oz	2 qt
or				
**Dehydrated onions	3½ oz	1 cup	7 oz	2 cups
*Fresh green peppers, chopped	9oz	2 cups	1 lb., 2 oz	1 qt
or				
**Dried green peppers	1/2 oz	1/3 cup	1 oz	2/3 cup
Chili powder	3 oz	3/4 cup	6 oz	1½ cups
Cumin	1 oz	1/4 cup	2 oz	1/2 cup
Granulated garlic		1 Tbsp., 1 tsp.		2 Tbsp., 2 tsp.
Onion salt		2 tsp		1 Tbsp, 1 tsp
Red hot sauce (optional)		1/4 cup		1/2 cup
Brown sugar	4 oz	1/2 cup	8 oz	1 cup
Canned crushed tomatoes	6 lb. 11 oz	1 No. 10 can	13 lb. 6 oz	2 No. 10 cans
Canned diced tomatoes, drained	1 lb.	2½ cups	2 lb.	1 qt 1 cup
Canned Kidney beans, drained	8 lb. 1 oz	3 qt 1/2 cup	16 lb. 2 oz	1 gal., 2 qt., 1 cup
No. 3 Bulgur wheat	1 lb.	3 cups	2 lb.	1 qt 2 cups
Water		1 qt		2 qt
Lowfat plain yogurt	2 lb.	1 qt	4 lb.	2 qt
Lowfat cheddar cheese, shredded	3 lb. 2 oz	3 qt 1/2 cup	6 lb. 4 oz	1 gal 2 qt 1 cup

\*See *Marketing Guide*

\*\* When using dried vegetables, rehydrate in an equal amount of water. Do not drain before using.

## Directions

1. Heat the oil in a steam-jacketed kettle.
2. Add the chopped onions and saute 3 minutes, until translucent.
3. Add the chopped green peppers and saute 2 minutes, until tender.

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## Vegetable Chili



4. Add the chili powder, cumin, granulated garlic, onion salt, brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
5. Add the kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
6. Add yogurt and stir to blend.
7. Sprinkle 1/4 cup of cheddar cheese on top of each serving.

**Serving:** 3/4 cup (6-oz ladle) provides the equivalent of 2 ounces of cooked lean meat, 3/8 cup of vegetable, and 1/4 serving of grains/breads

**Yield:** 50 servings: 20 lb. 6 oz  
100 servings: 40 lb. 12 oz

**Volume:** 50 servings: 1 gal 3 qt 2 cups  
100 servings: 3 gal 3 qt

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### Nutrients Per Serving

Calories . . . . .	201	Saturated Fat. . . . .	1.7 g	Iron . . . . .	2.5 mg
Protein. . . . .	15 g	Cholesterol . . . . .	7 mg	Calcium . . . . .	214 mg
Carbohydrate. . . . .	27 g	Vitamin A. . . . .	126 RE/1130 IU	Sodium . . . . .	637 mg
Total Fat. . . . .	4.5 g	Vitamin C . . . . .	17 mg	Dietary Fiber . . . . .	7 g

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### Marketing Guide for Selected Items

Food as Purchased	For 50 Serving Recipe	For 100 Serving Recipe
Onions	1 lb. 7 oz	2 lb. 14 oz
Green peppers	12 oz	1 lb. 7 oz