



Fight Hunger Together

Volunteering is just part of the equation.

Program Overview

Hunger does not discriminate – it affects men, women, children and seniors in our region every single day. One in six individuals in the St. Louis bi-state region are at risk of hunger and food insecurity. Your team can make a difference in the lives of our neighbors in need, while improving employee's productivity and morale. A true, win, win!

Fight Hunger Together is St. Louis Area Foodbank's new and innovative team building program that guarantees to educate, motivate and inspire through a combination of team building, personal development and meaningful activities that help nourish our most vulnerable neighbors.

The fun and rewarding teambuilding activities are led by St. Louis Area Foodbank staff. They can be hosted at your company's facility, a convention center or even a hotel. The program is designed for maximum impact in a minimal amount of time and includes the following:

- Education about hunger and food insecurity in the St. Louis region
- Increased morale and camaraderie among colleagues through fun, competitive, meaningful and high energy activities
- A positive impact in the community with the St. Louis Area Foodbank – the region's largest hunger relief organization helping to feed our neighbors in need

Fight Hunger Together integrates proven tools for team building in one event all while making a tangible difference in the community. When you book your team building experience with the St. Louis Area Foodbank, not only will you raise your company profile within the local community, your donation will help fund our mission of providing nutritious meals to our region's most vulnerable neighbors.

Your employees will have an opportunity to interact with one another in a non-work setting, meeting colleagues from all parts of the organization in a way that stimulates communication and company team building. This in turn will have a beneficial effect on productivity as employees return to work feeling motivated and inspired.

For more information or to schedule your teambuilding project at your facility, please contact Derek May at 314-292-5398 or dmay@stlfoodbank.org.



Teambuilding Projects

The below projects include a chart stating the approximate time it will take to complete project based on the size of your group. Your donation will allow us to provide more nutritious food for our most vulnerable neighbors in the bi-state region. For more information or to schedule your teambuilding project at your facility, please contact Derek May at 314-292-5398 or dmay@stlfoodbank.org.

Fresh Fruit Project

Hunger and health are deeply connected. Healthy bodies and minds require nutritious meals at every age. But when people don't have enough food or must choose inexpensive foods with low-nutritional value, it can seriously impact their health.

One of the primary goals of the St. Louis Area Foodbank is providing access to healthy food in all communities we serve. This means supplying our agencies and their clients with more fruits and vegetables. In Fiscal Year 2018 (October 1, 2017 – September 30, 2018), the St. Louis Area Foodbank distributed more than 11.6 million pounds of fresh fruits and vegetables, and we are looking to increase our efforts to provide these nutritious food items for neighbors in need. When our communities – especially children – have access to healthy, well-balanced diets, everyone benefits.

Number of Produce Bags	Anticipated Time to Complete Project	Size of Volunteer Group	Donation Requested
3,500	60-90 minutes	1-49	\$7,500
7,000	60-90 minutes	50-99	\$10,000
14,000	60-90 minutes	100-149	\$15,000
21,000+	TBD upon group size	200+	\$22,500 (or TBD)

Feed A Family Project

Food insecurity is associated with some of the most common and costly health problems and behaviors in the United States. While food insecurity has direct and indirect impacts on physical and mental health for people of all ages, food insecurity is especially detrimental to the health, development, and well-being of children in the short and long terms.

The Feed A Family project will provide food-insecure families with a variety of non-perishable food items to help fill the shelves of their pantry. These boxes include, but not limited to, whole grains, vegetables, fruits, complete meals, and proteins. This box will help provide food and hope to families while decreasing the toxic stress often caused by not knowing where their next meal is coming from.

Number of Feed A Family Boxes	Anticipated Time to Complete Project	Size of Volunteer Group	Donation Requested
500	90-120 minutes	1-49	\$5,000
1,000	90-120 minutes	50-99	\$10,000
1,500	90-120 minutes	100-149	\$15,000
2,000+	TBD upon group size	200+	\$20,000 (or TBD)