

Hi Everyone,

We are helping fight hunger with Beyond Hunger in their annual CAN DO Community Challenge. For the month of April, local schools compete to see who can raise the most points (combination of \$ and food). You can support us by joining our team and/or making a donation. The winner will be announced in May.

To Donate money, go here: <https://fundraise.givesmart.com/vf/CanDo/team/Irving>

Better yet, join our team and share with your friends and family!

- Go to <https://fundraise.givesmart.com/vf/CanDo/team/Irving>
- Select JOIN THIS TEAM
- Enter your First, Last, Email (instead of first & last you can also enter homeroom etc.)
- Join our Irving Team
- Finish setting up your page
- Share with your friends!

We will begin collecting food items on Wednesday, April 12th in the Irving office (Acceptable items detailed in Section 4 Below).

**Here are the four ways to participate:**

### **1. Fundraising Pages:**

Like in past years, we will create your school team's fundraising page on our CAN Do Challenge donation site (10 points per \$1). You will be able to see your progress in real time for all online donations. For every \$1 donated, we can provide 3 meals! The online fundraising page is an easy way for donors to give securely and provide points to your team. You can even recruit people to fundraise for your team to further your impact! In 2022, participating schools raised enough to provide over 70,000 meals!

### **2. Advocacy:**

A critical component to ending hunger in our communities is raising awareness. Your school or group can gain more points by helping educate others about good nutrition and using their combined voices to become anti-hunger advocates. Teachers or team captains can share videos and examples of group activities in the following ways:

#### 1. Create a Promotional Video

Work together to create a 1-minute shareable video about how your school is raising awareness, food, and funds for Beyond Hunger. Make it fun and send that video or public link to Sarah@GoBeyondHunger.org so that we can brag about your efforts through our social media channels. **300 Points**

#### 2. Share a Classroom Activity

We have a variety of activities that students can do in the classroom or on their own to learn

more about hunger and how they can make an impact. Activities include coloring pages, crafts, family activities, word finds and MORE. Each activity is worth 100 points. We just need a picture or scan of the completed project sent to Sarah@GoBeyondHunger.org. Classroom activities can be found on our google drive: <https://bit.ly/CanDoActivities>. **100 Points**

### 3. Create your own Cooking Video

Choose one of the Healthy Recipes from our website and create your own cooking video for us to share to our social media and YouTube channel. Try to keep the video approximately 2 minutes or less. Once we post your video, be sure to share it with your friends and school community. Send video submissions to [sarah@gobeyondunder.org](mailto:sarah@gobeyondunder.org). **500 Points**

### 3. Volunteer Hours:

Registered Beyond Hunger volunteers (self, parent, or guardian) can designate their volunteer hours to an affiliated school during the month of April (5 points per hour). If interested in becoming a registered volunteer ahead of the CAN DO Community Challenge please sign up in time to attend the orientation on March 15th (6-7:30 PM). Volunteers should email Monnette@GoBeyondHunger.org to ensure hours get assigned to the appropriate school or group.

### 4. Food Donations:

Donate our most needed items. Below is the list of 10 non-perishable food items worth 5 points each. All food donations will be weighed for a total number of pounds, but only the items below will count towards the competition.

- Jelly
- Peanut Butter
- Canned Chicken Soup
- Cheerios' Cereal
- Canned Mixed Vegetables (low sodium)
- Diced Tomatoes
- Tomato Paste
- Bagged Rice (White or Brown)
- Refried and Dry Beans (Pinto and Black)
- Canned Pineapples

These are items we have trouble procuring and need to help stock our Despensa, an off-site pop-up pantry serving newly immigrant families that relies entirely on private donations. We are limited in space and staff/volunteers for sorting, so please stick to donations off this list.

### Donation Drop Offs:

Please bring food items to the Irving Office at School Drop Off / Or Pick Up. We will check the donation bins every other day of this week. The **final day** to donate food items will be **Friday, April 28th @ 3:00PM**