



# **2022 SCHOOL COMPETITION INFORMATION**



## **CAN DO Community Challenge - At A Glance**

**Who:** You!

**What:** Beyond Hunger's annual spring food drive. Our goal is to raise \$100,000 AND if we meet our goal all donations will be matched up to \$25,000 thanks to the Challenge Corp—a group of local philanthropists.

**When:** April 1<sup>st</sup> to April 30<sup>th</sup>

**Why:** Donations to Beyond Hunger are typically at their lowest during the spring. As we continue to see the impact of the pandemic on our neighbors, we encourage the community to spread the word about our services, promote our virtual food drive, sign up to volunteer, and/or make a donation.

### **For more information, contact:**

Ricardo J. Garcia   Ricardo@GoBeyondHunger.org   (708) 386-1324 ext. 1114

Sarah Corbin, Sarah@GoBeyondHunger.org   (708) 386-1324 ext. 1108

### **About Beyond Hunger, formerly Oak Park River Forest Food Pantry.**

In July of 2019, we officially changed our name to Beyond Hunger to better represent all the services and programming we offer to our clients across 13 zip codes, including portions of Chicago and its near-west suburbs. Though our name has changed, our commitment to ending hunger in our community remains the same, serving over 40,000 individuals each year. We provide emergency allotments of food at the Pantry, connection to income-support benefits, summer meals for kids and teens, nutrition education and more.

### **Beyond Hunger**

848 Lake Street  
Oak Park, IL 60301

(708) 386-1324  
[www.GoBeyondHunger.org](http://www.GoBeyondHunger.org)





## HOW TO GET INVOLVED:



### SCHOOLS

JOIN THE SCHOOL  
COMPETITION



### INDIVIDUALS

DONATE & RAISE  
AWARENESS



### GROUPS

HOLD A FOOD DRIVE  
FOR OUR 5 MOST  
NEEDED ITEMS

# CAN DO SCHOOL COMPETITION

*Will your school be next to take home the CAN DO Challenge Trophy?*

Starting April 1<sup>st</sup>, the competition will begin! There will be 4 ways for you to participate in this challenge: raising funds, volunteering, increasing public advocacy, and donating food. More information is below.

## **Fundraising Pages:**

Like in past years, you will find your school's team fundraising page on our CAN Do Challenge donation [site](#). 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. In 2021, participating schools raised enough to provide over 100,000 meals last year!

## **Volunteer Hours:**

Registered Beyond Hunger volunteers who are members of your school or organization can designate their volunteer hours during the month of April to help gain your team more points. 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 16<sup>th</sup>. Beyond Hunger volunteers should email [Monnette@GoBeyondHunger.org](mailto:Monnette@GoBeyondHunger.org) to ensure hours get assigned to the appropriate school or group.

## **Advocacy:**

A critical component to ending hunger in our communities is raising awareness. This year your school or group has the opportunity to 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 Video**

Work together to create a 1 minute shareable video about how your school is raising awareness, food, and funds for Beyond Hunger. Send that video or public link to [Sarah@GoBeyondHunger.org](mailto:Sarah@GoBeyondHunger.org) so that we can brag about your efforts through our social media channels.

**150 Points**

## 2. Share a MyPlate Activity

Head to [MyPlate.gov](https://www.MyPlate.gov) for activities that are appropriate for different age groups like [KIDS](#), [TEENS](#) or [PRESCHOOLERS](#). Submit examples of activity sheets, or send us a summary of one of the apps for points. Email photos or submission to [Sarah@GoBeyondHunger.org](mailto:Sarah@GoBeyondHunger.org)

50 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. Once we post your video be sure to share it with your friends and school community. Send video submissions to [sarah@gobeyondhunger.org](mailto:sarah@gobeyondhunger.org).

500 Points

## Food Donations:

We will be collecting a limited set of food donations for this year's Challenge.

We have a list of 10 non-perishable food items worth 5 points each:

- 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:

During the last two weeks of April, you can begin to drop off your food donations. We ask that you sign up for a date and time in advance to ensure we have enough staff and space available. Go to <https://bit.ly/3uVEpwb> to select your preferred date and time. Be sure to include your school's name in the comment section. Questions? Contact Ricardo at 708-386-1324 ext. 1114 or [Ricardo@GoBeyondHunger.org](mailto:Ricardo@GoBeyondHunger.org)

### Beyond Hunger Speaker:

We'd love to come to your school to speak about Beyond Hunger and the Competition. Contact Ricardo or Sarah to schedule a date prior to the start of the competition on April 1<sup>st</sup>. We'll also have a new video which you can show and share with your class, school, or service group. Check out our video from last year: <https://www.youtube.com/watch?v=S0BBICyRtJ0>

### Award Ceremony:

We will coordinate with the winning school to schedule when our staff can come to you to present the trophy to your school or class (usually mid to late May).

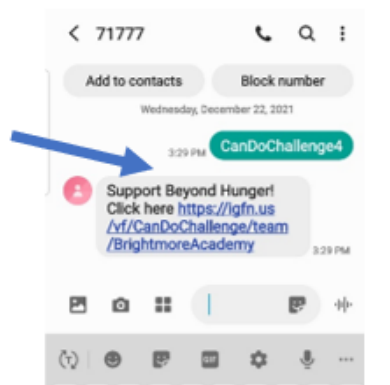
### Spread the Word:

Download posters, social media images and our CAN DO TIPS with social media samples and a sample of a letter you can send home to parents and your school community.

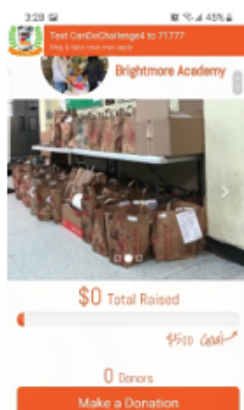
<https://drive.google.com/drive/folders/1QBTVe7PGI497wGgenF2svB5Ofuhr9rs0?usp=sharing>

### TEXT-TO-GIVE (new this year)

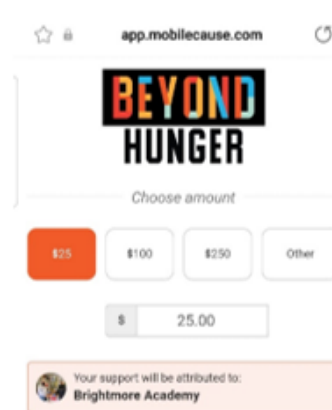
On our new platform, your team can leverage your fundraising even further using text messages. Each team has a specific keyword that supporters can text to 71777 to donate specifically to your school. It's another great way to get the word out and simple for people to use. They can also text CanDoChallenge to 71777 (general campaign keyword) and find an individual fundraiser or team to select and attribute the donation to.



Text your team's keyword (has # at the end of it) and click on the link.



They will go to your team's page and select [Make a Donation](#)



Then see a form with your team attributed to their donation



# SCHOOL COMPETITION

## HOW TO EARN POINTS



**POINTS** FOR EVERY \$1



**POINTS** FOR EACH OF THE FOLLOWING ITEMS



- JELLY
- PEANUT BUTTER
- CANNED CHICKEN SOUP
- CHEERIOS' CEREAL
- CANNED MIXED VEGETABLES
- TOMATO PASTE
- BAGGED RICE (WHITE OR BROWN),
- REFRIED AND DRY BEANS (PINTO AND BLACK)
- CANNED PINEAPPLES
- DICED TOMATOES



**POINTS** FOR EVERY VOLUNTEER HOUR

ANY REGISTERED BEYOND HUNGER VOLUNTEER WHO IS PART OF YOUR SCHOOL OR ORGANIZATION CAN LOG THEIR VOLUNTEER HOURS TO HELP EARN MORE POINTS.



CHECK WITH YOUR TEAM CAPTAIN FOR SOME ADDITIONAL WAYS TO EARN POINTS AND BECOME A HUNGER ADVOCATE.





## TEAM CAPTAIN INFORMATION

As the point of contact for your school, here's what you need to know about creating your own online fundraising page.

Your school's page will show all online donations and we can add any checks or cash that come in offline for your team. Food donations will be added to team totals at the end of the Challenge. **Your team's page has been created for you. To personalize or edit your team page, add images of fun activities or update your fundraising contact Karen Murphy [karen@gobeyondhunger.org](mailto:karen@gobeyondhunger.org) 708-386-1324 X 1105. She will walk you through the process.**