Food from the Bar
NCWBA Webinar
December 12, 2019
Presenters

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What is Food from the Bar?

*Food from the Bar* is an anti-hunger campaign organized by individual legal communities to support their local Feeding America food banks.

“Friendly competition” makes it work
Why *Food from the Bar*?
The Faces of Childhood Hunger

62% of America's teachers regularly see kids who come to school hungry because they aren't getting enough to eat at home.
Feeding America Food Banks

It’s hard to learn when you’re hungry.

17 million children live in food insecure households
Partnering with Feeding America Food Banks

Track record, experience, support

The Best Foods To Donate To Your Drive

Foods high in fat, oils, and sugar provide calories, but few nutrients. These foods make up a high percentage of many diets because they are inexpensive and easy to obtain. It is therefore important to provide healthy foods for those with limited financial resources to supplement their restricted choices with healthy alternatives.

It’s important to realize that, although an overweight person may look well fed, they may be filling up on calorie-dense food that does not contain the nutrients their body needs. Take a look at the food groups to help guide you in providing healthy choices.

Fruit & vegetable group
- choose canned or dry fruits and vegetables in an array of colors to ensure consumption of a variety of vitamins and minerals
- canned vegetables
- canned juice
- sweet potato
- orange juice
- canned fruit (in its own juice)
- fruit juice (2%)
- smoothie fruit cups

protein group
- choose shelf-stable lean meats as a good source of low-fat protein and canned or dry beans as a good source of fiber
- low-sodium
- beans
- peas
- fish
- shelf stable
- whole milk
- milk (reduced)

milk group
- choose shelf-stable low-fat dairy products fortified with vitamin D
- low milk
- low-fat shelf-stable milk

grain group
- choose non-pastrieable whole grains as often as you can for maximum nutritional value
- low-sodium
- whole grain cereals
- whole grain pasta
- low-sugar/low-fiber cereal
- whole grain rice
How Feeding America Food Banks work

- Food Manufacturers
- USDA
- Feeding America
- Supermarkets and Retailers

Donations are sorted and stored at the Foodbank

- Food Pantries
- Soup Kitchens
- Children’s Feeding Programs

Children, Seniors and Working Families at risk of going hungry
Why adopt Food from the Bar?
Why Adopt Food from the Bar?

Builds Community and Morale
Why Adopt Food from the Bar?

Apolitical

Nonsectarian

Inclusive
Why Adopt Food from the Bar?

Improves Image of Lawyers and Helps Community

Milwaukee, WI: 2017 = $23,112 (65% increase from 2016)

Houston, TX: 2018 = $200,519

SF-Marin County: 2018 = $758,686
Why Adopt Food from the Bar?

Fun and Rewarding!
How did *Food from the Bar* start?
Food from the Bar started in Northern California 20+ years ago

- San Francisco-Marin Food Bank
- Food Bank of Contra Costa & Solano
- 2009: LA Regional Food Bank
2010: Santa Barbara

2012: San Diego

2017: Orange County
In 2011, the Food from the Bar program went national.
2012: New Orleans

2015: Mississippi

2016: Houston Galveston
Washington DC incorporated *Food from the Bar* into a pre-existing program in 2014.
Milwaukee, WI started a *Food from the Bar* program in 2016.
How To Get Started
Find Your Local Feeding America Food Bank

www.feedingamerica.org/

www.feedingamerica.org/find-your-local-foodbank

in the United States, 1 in 8 people struggles with hunger. Learn more about hunger in the United States.
Throughout the United States

Roadrunner Food Bank
5840 Office Blvd NE
Albuquerque, NM 87109

Maryland Food Bank
2200 Halethorpe Farms Road
Baltimore, MD 21227
What are the keys to a successful program?
Seek out partners
Be Inclusive

Get staff, students and families involved!
Have a Kick-Off Event

Invite your Community and Start Strong
National Conference of Women’s Bar Associations

Make it Easy

Create Food Drop-Off Points in High-Traffic Areas
Welcome to the Team Page of Jackson Lewis LLP - L.A.

Goal
Team Goal: $500.00
Funds Raised to Date: $10.00

100% Goal completed
Donation Amount ($): 0.00

Donate Now!

Honor Roll

$ 100.00
From Yvonne Fossati

$ 120.00
From Anonymous

$ 20.00
From Rassea D. B. B.
Give Out Awards

Foster a healthy competition
National Conference of Women’s Bar Associations

Have Fun and Get Creative
Organizational Basics

1. Reach Out To Food Bank and Local Bar Leaders
2. Have organizational meeting/call
3. Plan ahead
4. Set length of campaign
5. Set goals for campaign
6. Solicit Participants (Partner/Admin Liaison)
7. Publicize
8. Have Fun With It!
How to Make FFTB Fun!
National Conference of Women’s Bar Associations

Contra Costa County Bar Association hosts an annual Comedy Night to kickoff their Food from the Bar program.

Creativity is key

Incentivize Food Donations as part of your Event
Food Related Specialties

Let Them Eat Cake... and Nachos!

Some of Jasmine's favorites:
- Lavender Cake
- Chocolate Layer Cake
“Casual for a Cause” Day

Allow employees to donate $5 to wear jeans on a day during the week.
Allow employees who donate to bring their pets to work for an afternoon.
Start a Coin Drive

“Coins for A Cause”
Throw a Game Night
National Conference of Women’s Bar Associations

Offer a Silent Auction

With No-Cost Items

Doggo...

...loves walks in the park, tug of war, and cuddles.

You...

...are over caffeinated, light-deprived, and in need of fresh air.

Come ready to bid and spend an afternoon hour with Doggo!
Take a Day Off on us!

Good for One Free Vacation Day
Valid until December 31, 2016.

Auction of Paid Day Off
National Conference of Women’s Bar Associations

Have Fun and Get Creative

In 2011, Archer Norris won the Most Creative Fundraising Idea for the Donut Eating Contest
Two-can Tues!

Poppin’ in to say thanks!

Have fun and get creative.
Volunteer Experiences

https://www.youtube.com/watch?v=KHzDwVbhLyc
BE THE DIFFERENCE
Questions?

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