



Food from the Bar

NCWBA Webinar
December 12, 2019



FOOD
from the
BAR





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.



Financial
Donations



Food
Donations



Volunteer
Hours

“Friendly competition” makes it work



Why Food from the Bar?

The Faces of Childhood Hunger



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 healthful 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
- vegetable juice
- tomato sauce
- spaghetti sauce
- canned fruit
(in its own juice)
- fruit juice (100%)
- shelf-stable 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.

- tuna
- salmon
- chicken
- beans
- chili
- beef stew
- peanut butter
- nuts (unsalted)

milk group

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

- dry milk
- boxed shelf-stable milk

grain group

choose non-perishable whole grains as often as you can for maximum nutritional value.

- hot cereals
- whole grain crackers
- whole wheat pasta
- low sugar/high fiber cereal
- whole grain rice



LOS ANGELES REGIONAL
FOOD BANK
Fighting Hunger. Changing Lives.

How Feeding America Food Banks work





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



Child hunger >



Senior hunger >



Rural hunger >



African American hunger >



Latino hunger >



Hunger and poverty >

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-Marín 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-Marín Food Bank
- ❑ Food Bank of Contra Costa & Solano
- ❑ 2009: LA Regional Food Bank



2010: **Santa Barbara**

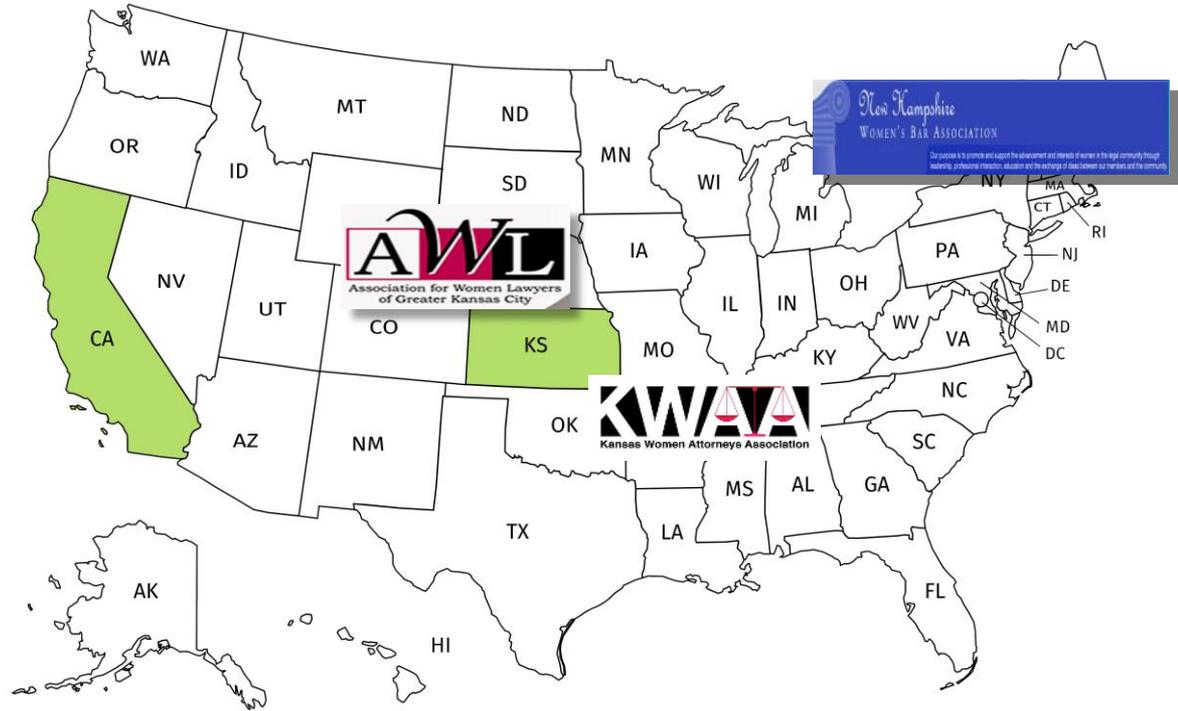
2012: **San Diego**

2017: **Orange County**

In **2011**, the Food
from the Bar
program went
national

Kansas

New Hampshire



2012: **New Orleans**

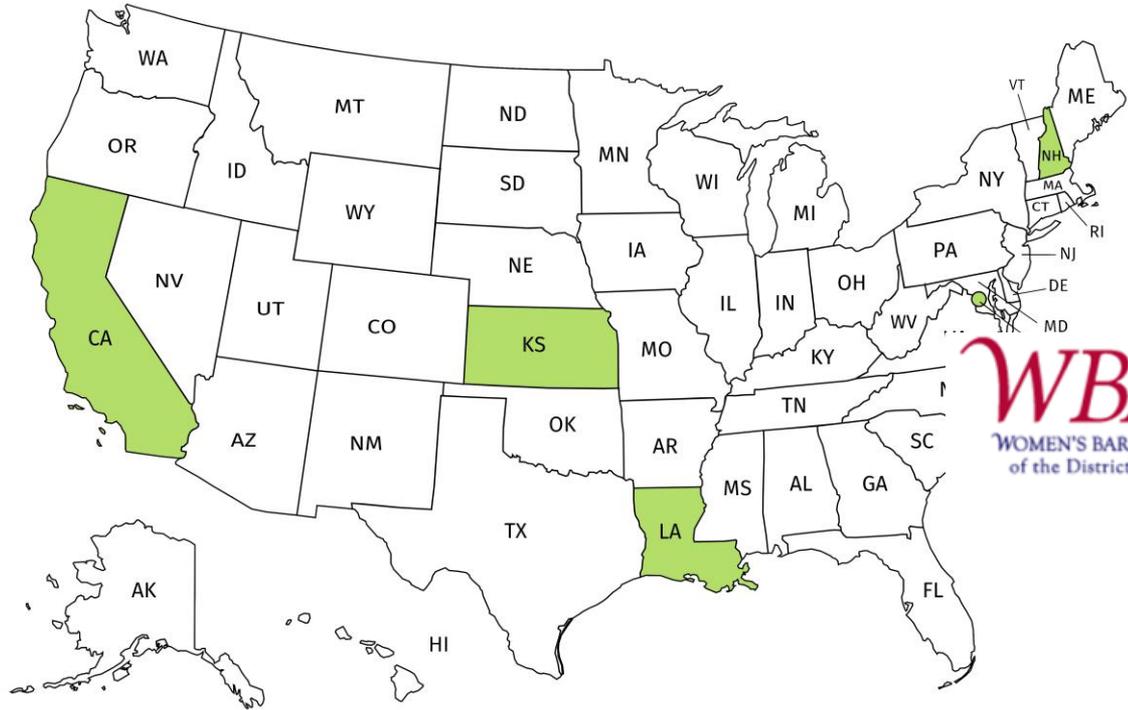
2015: **Mississippi**

2016: **Houston**
Galveston



with mapchart.net ©

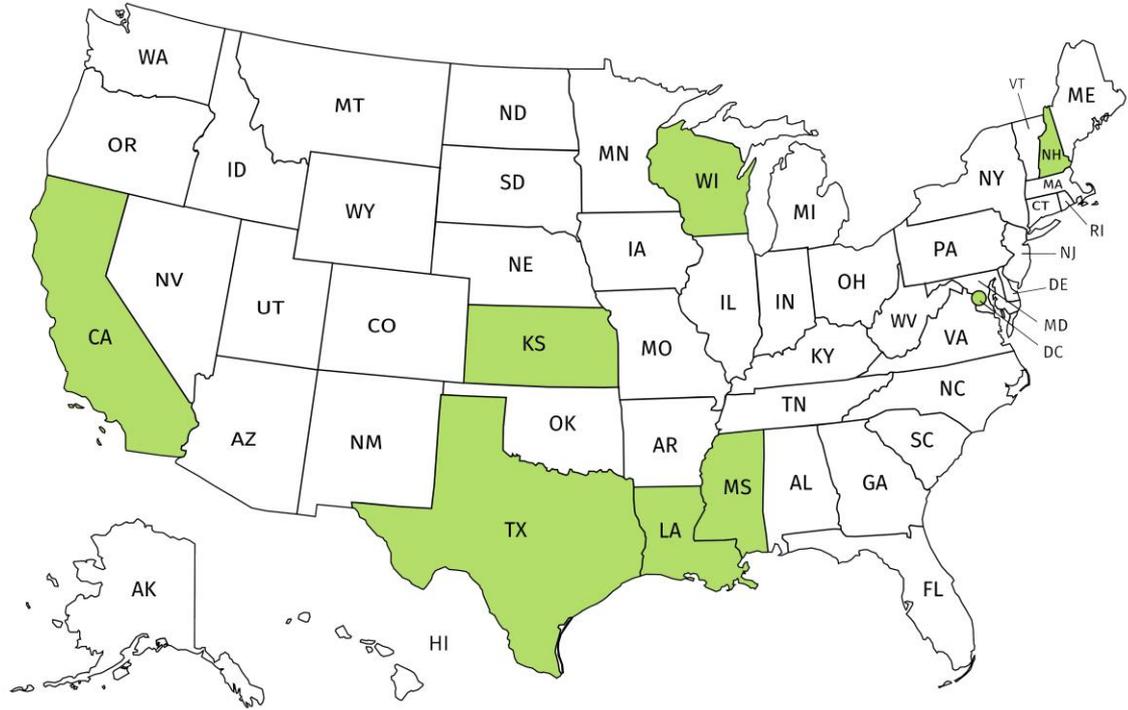
Washington DC
incorporated *Food
from the Bar* into a
pre-existing
program in **2014**.



Created with mapchart.net ©

Milwaukee, WI
started a *Food from
the Bar* program in
2016

FOOD
from the
BAR



Created with mapchart.net ©



How To Get Started

Find Your Local Feeding America Food Bank

www.feedingamerica.org/

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

Find Your Local Food Bank

Zip Code

GO



in the United States, 1 in 8 people struggles with hunger.

[Learn more about hunger in the United States.](#)

Throughout the United States



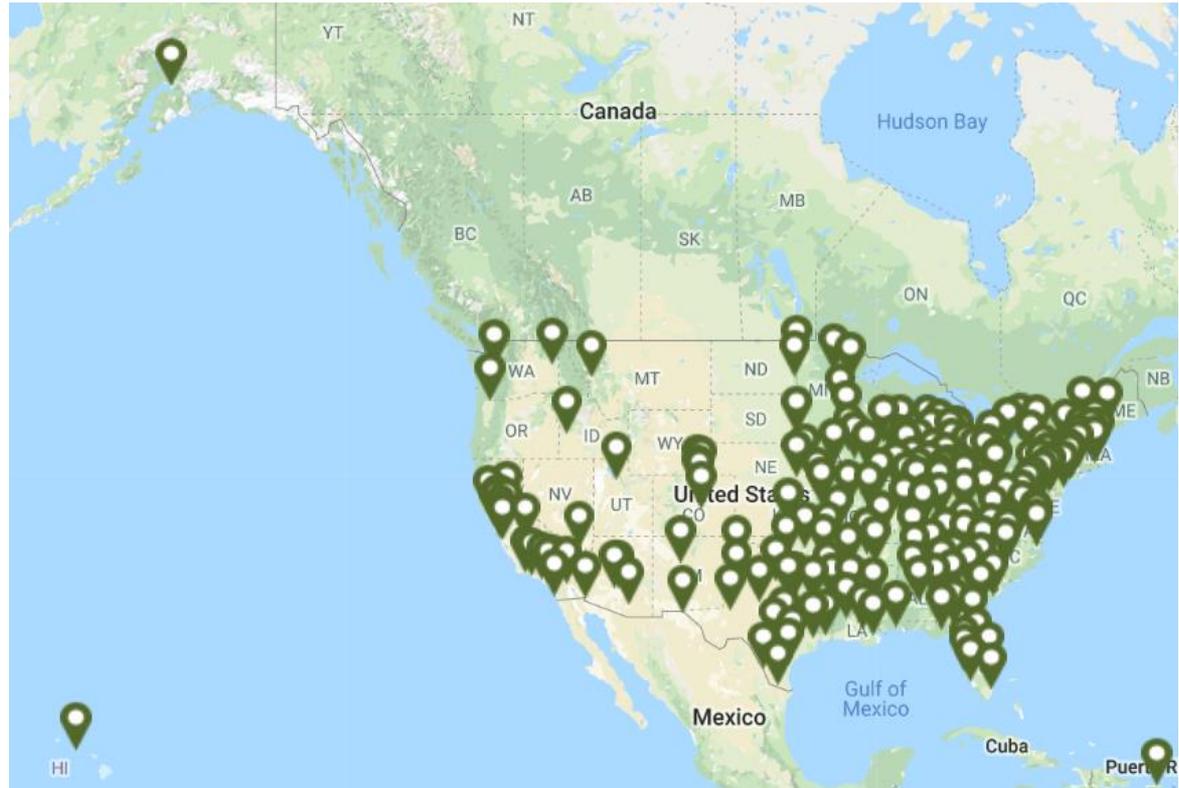
Roadrunner Food Bank

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?**

LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.



CENTURY CITY
BAR ASSOCIATION



A Chapter of the Association of Legal Administrators



Seek out
partners





Be Inclusive

**Get staff, students and
families involved!**



Have a Kick-Off Event

Invite your Community
and Start Strong





Make it Easy

Create Food Drop-Off
Points in High-Traffic
Areas

Food Drive Registration

Welcome to the Team Page of Jackson Lewis LLP - L.A.



Goal
Team Goal: **\$500.00**
Funds Raised to Date: **\$610.00**

100% Goal completed

Donation Amount (\$):

[Donate Now!](#)

Honor Roll

\$ 100.00
from Yvonne Fossati

\$ 120.00
from Anonymous

\$ 20.00
from Danae De la



Make it
Easy

Allow for Online
Donations or Payroll
Deductions



Give Out Awards

Foster a healthy
competition





**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!

Creativity is key

Incentivize Food Donations as part of your Event

RES IPSA JOKUITOR

XXII

THE JOKE SPEAKS FOR ITSELF

KICKOFF FOR FOOD From the BAR 2017
Benefitting the Food Bank of Contra Costa and Solano

When: Thursday, May 18, 2017
Doors open at 6 pm
Show starts at 8 pm

Where: Back Forty BBQ
100 Coggins Drive
Pleasant Hill

Tickets: \$60 each | \$550 for ten

BBQ Buffet: 6:30 - 7:30 pm
Vegetarian option available upon request, contact Renee by May 12 at (925) 771-2215

Featuring:
Rocky LaPorte
nationally renowned comedian

BENEFACTORS
Contra Costa County Bar Association
Huseby

PATRONS
Archer Norris

CONTRIBUTORS
3D Forensic
Aiken Welch Court Reporters
Law Office of Suzanne Soucher
Brown, Gee & Wenger, LLP
Certified Reporting Services
First Legal Network
Gagen McCoy, APC
Miller Starr Regalia
Vasquez Benisek & Lindgren

presented by
Contra Costa County

benefitting
FOOD BANK
of Contra Costa & Solano

GET YOUR TICKETS TODAY!
For tickets, scan the QR code or go to www.foodbankcca.org/ftbcmedynight/

Bring a can of protein (tuna, peanut butter, chicken) to enter for a chance for valuable prizes!

For sponsorship opportunities, contact Theresa Hurley at (925) 370-2548 or thurley@cccba.org.

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

Food Related Specialties

Let Them Eat Cake... and Nachos!



Some of Jasmine's favorites:

- Lavender Cake
- Chocolate Layer Cake





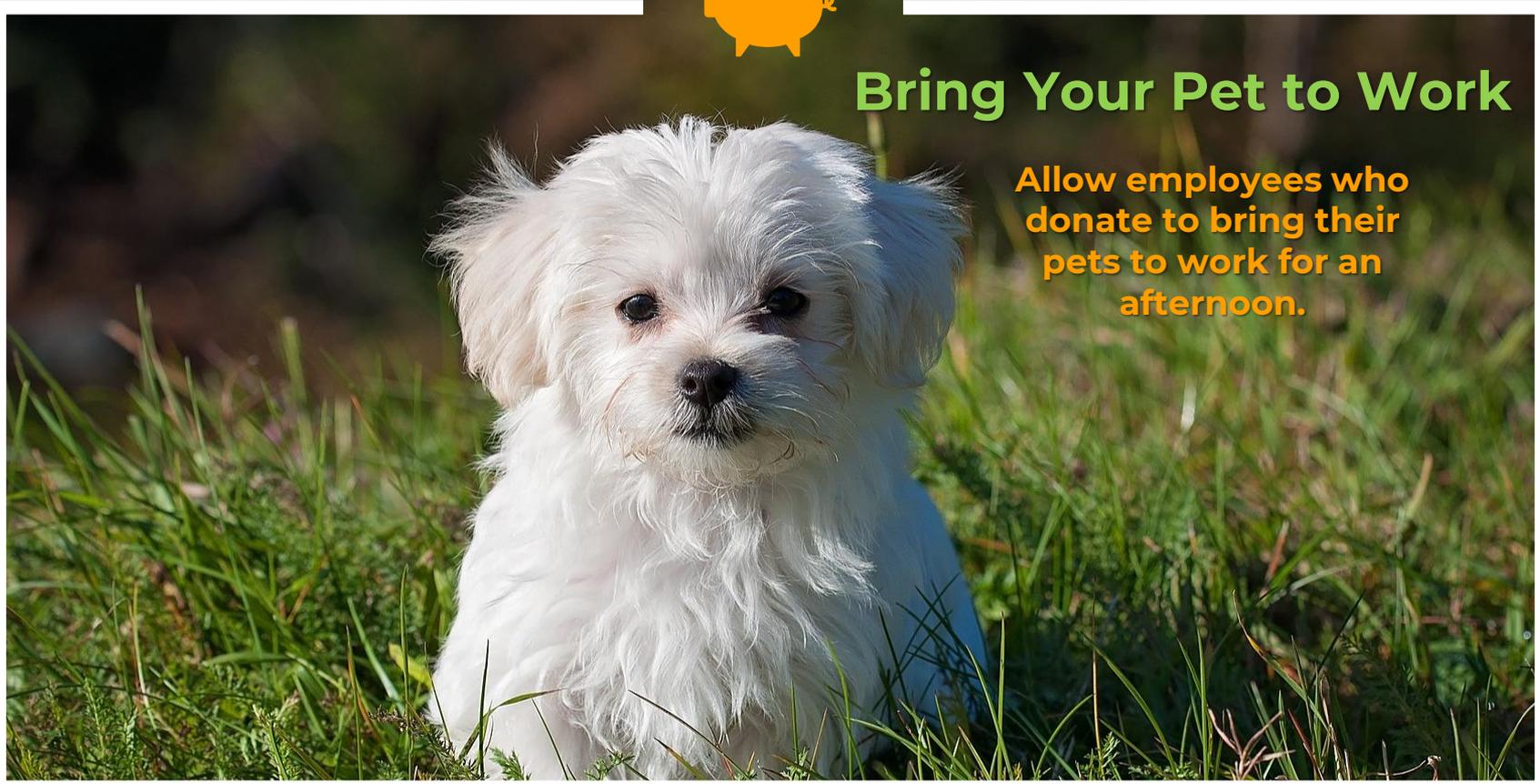
“Casual for a Cause” Day

Allow employees to
donate \$5 to wear
jeans on a day during
the week.



Bring Your Pet to Work

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

Doggo...



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

Offer a
Silent Auction

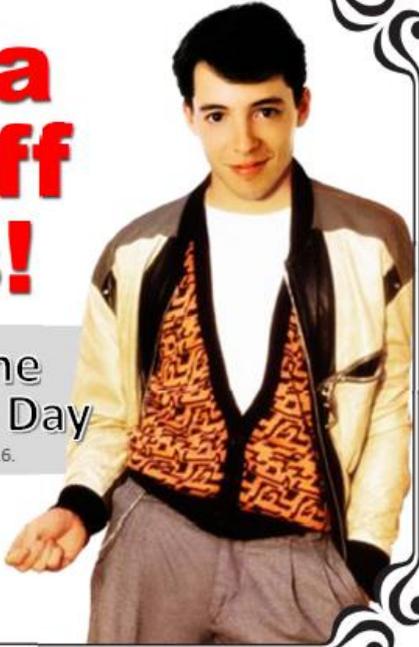
**With No-Cost
Items**

Come ready to bid and spend
an afternoon hour with
Doggo!

You...



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



**Take a
Day Off
on us!**

**MUNGER
TOLLES &
OLSON**

Good for One
Free Vacation Day

Valid until December 31, 2016.

FOOD FROM THE BAR
Raising Hunger Since 1979

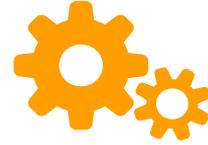
Raffle proceeds
benefit

**SF-MARIN
FOOD BANK**

Auction of Paid Day Off



In 2011, Archer Norris won the Most Creative Fundraising Idea for the Donut Eating Contest



Have Fun and Get Creative

10

Two-can
Tues!



POPPIN' IN TO SAY THANKS!



Have Fun
and
Get Creative



Volunteer Experiences



<https://www.youtube.com/watch?v=KHsDwVbhLyc>



**BE THE
DIFFERENCE**



Questions?



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