

2018 Scouting for Food Guidebook

Central Georgia Council, Boy Scouts of America



www.centralgeorgiacouncil.org



Dear Scouting Volunteers:

As you know, a central value of the scouting program is that of service, found easily in the Scout Oath to “Help other people at all times.” It is likewise our duty as members of the Boy Scouts of America to ensure that each scout has the opportunity to engage in community service projects that have meaningful and profound impact—and Scouting for Food is this type of project.

One in five people in our community struggle with the daily need of wholesome and nutritious meals. As Scouts go into our neighborhoods and collect food, they are truly helping those in need while developing a lifelong virtue of community service. Our goal is for every unit in our council to participate in Scouting for Food, allowing each Scout an opportunity to serve, and helping our community food banks to be well stocked and able to assist our neighbors.

The Boy Scouts of America, Central Georgia Council has a strong tradition of community service. We ask that you join us as we not only help our youth live the third point of the Scout Law, “Helpful”, but as we educate and remind our community that a Scout is helpful and does a good turn daily. Please join us in this worthy cause of collecting food to feed our neighbors in need.

We are excited to serve along with you as we work on this important community service project and character building program. Thank you for your time and service as a Scout volunteer. We are grateful that you have agreed to organize your unit’s Scouting for Food program.

Yours in Scouting,

Jared Holmes
Scouting for food Coordinator
Central Georgia Council
Jared.Holmes@Scouting.org

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Why should your Scouts participate in Scouting for Food?

1. Fulfills their commitment to “do a good turn daily” and “help other people at all times”
2. The project is simple, but the impact is huge
3. Scouting for Food gives your unit, Scouting as a whole, and your Charter Organization great community VISIBILITY!
4. Great opportunity to partner with some fantastic benefiting organizations.
5. A Scout is Helpful.

More than the food collected, Scouts who learn the impact of community service, give service for the rest of their lives!



Putting the Plan into Action

What is a benefitting organization and how do I select one?

A benefitting organization is any food pantry or organization that collects food to feed people in need. Many Scouting Unit's Charter Organizations operate food pantries. There are also many community organizations like Trinity United Methodist, Greater Springfield Missionary, Sacred Heart Christian service center etc. Pick an organization that makes the most sense for your unit considering proximity, relationships, or personal connections of the families. Once you have selected an organization, make sure that you collect food items for donation to them in a time frame that works for your unit and the organization.

What materials do I need?

That all depends on the type of project your unit is participating in. If your Scouts are going door to door, they will need bags with directions on how to participate. Directions should include the type of items you're looking for, when you will return to pick up the bags, what organization the food will be donated to, as well as information about your unit and Charter Organization. If your unit is collecting in public place, bins and boxes may be more helpful. (A sample letter is provided later in this resource.)

How do I get the materials we need?

Your Charter Organization is a great place to look for help with printing. Be sure to use your printed material to promote the charter partner. The benefitting organization may be able to provide containers for food collection. Door-to-door campaigns may benefit from a partnership with a local grocer. The bags are a low cost

and it is great promotion for their business.

When should we conduct our Scouting for Food campaign?

The Central Georgia Council usually conducts their Scouting for Food drive in January but the exciting part of this new unit led program is, you can run this program at any time throughout the year! Consult with your benefitting organization, find out when they need additional support. Then set a time that makes sense for your Scouts and leaders.



The Perfect Scouting for Food Bag

The products depicted are representations only and are not intended to indicate sponsorship or endorsement by the product manufacturers.

Question: With so many canned food options on the store shelves, how do I know what items are best to donate to food drives such as Scouting for Food?

Answer: After consulting with numerous food pantries in the Central Ga area and seeking nutrition advice this is what I compiled. The Perfect Bag contains variety of nutrient-rich foods from all five food groups.

- 2 cans of hearty soup, stew or chili: Supplies many nutrients.
- 2 cans of tuna, chicken, turkey, salmon or luncheon meat (e.g., Spam): Contains protein and iron. Canned salmon is a source of calcium and omega-3 fatty acids.
- 1 can of fruit: Supplies vitamins A and C, folate, potassium, fiber and other healthy substances.
- 1 can of 100 percent pure fruit or vegetable juice: Contains vitamin C and often beta carotene.
- 1 can of vegetables: Supplies beta carotene, vitamin C, folate, complex carbohydrates, fiber and potassium.
- 1 can of tomato or pasta sauce: Contains vitamins A and C, as well as lycopene, a healthy substance that is more available to your body in canned and cooked tomatoes than in fresh.
- 1 canned meal: Offers a variety of ingredients and nutrients.
- 1 can of beans, refried beans or lentils: Contains plenty of protein, complex carbohydrates and fiber.
- 1 can of evaporated milk: Makes an excellent source of calcium and protein.

Sample Flyer

Below is a sample of a flyer your unit could make to inform and invite your community neighbors to support your Scouting for Food campaign. Customize to your unit's needs. Feel free to use pictures from one of your previous programs on your flyer. (Be sure the photo released has been signed.)

Scouting for Food

A National Good Turn for America

Scouting for Food is Scouting's community project aimed at addressing the problem of hunger where we live, work, and play.

Please join our local Cub Scout Pack/Troop/Crew_____

sponsored by _____ Church in collecting food to fill the shelves of _____ Food Pantry!

Suggested items include:

- Canned Tuna
- Canned Beans
- Canned Soups
- Stews & Pastas
- 100% Fruit Juice
- Canned Fruits and Vegetables.

Just place these times on your front door step and our Scouts will be back to pick on a discussed time made with the unit leader.

Thanks for your support! Visit www.centralgeorgiacouncil.org to find out more about Scouting!
And www._____ to learn more about our Charter Organization
www._____ to learn about our benefiting organization



District and Multi-Unit Campaigns

Keys to Success

Working together with several units or the entire district is a great way to increase the impact of your Scouting for Food campaign.

First off, you need to identify a chairperson to lead your Scouting for Food committee. Additionally, they will need at least one person from each unit involved to help with communication and logistics.

This committee can then engage one or several benefiting organizations. Just like a unit campaign, there are key questions to ask the benefiting organizations:

- What time of the year does your pantry have the greatest need for additional support?
- When is your facility available to receive food donations?
- On delivery day, can we set up a table to recognize our participating units?
- Will you need any volunteers to help sort or move food into your facility?
- Can you help us with printed materials to promote the campaign?

The committee will also need to gather materials. Flyers, yard signs, bags, bins, etc. Local grocers, Charter Organizations, benefiting organizations, friends and families of the units are all great places to source materials.

Make sure the units involved divide up the neighborhoods so that units don't overlap the same homes on the same days.

Just like a unit campaign, remember to capitalize on the opportunity to share the success. Take pictures and share them with the local newspaper, benefiting organization, Charter Organizations, the SFF Chair and anyone who has supported the campaign with materials.

Recognize the units that participated in all the appropriate venues: camporees, district banquet, district website, district newsletter, etc.

Safety and Best Practices

Be prepared with water, snacks, and appropriate clothing.

Leave flyers and/or bags on the front door- not the mail box. Placing non-mail items IN or ON a mailbox is illegal.

Be aware of “No Solicitation” signs, gated communities, etc. When approaching neighborhoods with Homeowners Associations or other organizations it’s always better to communicate with them prior to passing out flyers and/or bags. This can also be a way to promote Scouting for Food.

Always return to each house asked to participate to collect food. Don’t be afraid to go back twice.

Use 2-deep leadership.

Scouts and leaders should wear their Class A uniforms to promote Scouting in the community.

Never ride in the back of a pick trucks.

Make sure all Scouts and leaders riding in vehicles wear seat belts.

Adult leaders should be able to see the Scouts always. Scouts should NEVER enter a supporter’s home.

Follow the Guide to Safe Scouting.

Most importantly, Have fun! This is a great opportunity for Scouts to fellowship while making an impact.



SCOUTING FOR FOOD COMMITMENT FORM

PLEASE COMPLETE AND RETURN THIS FORM TO:

Jared Holmes
Central Georgia Council, BSA
4335 Confederate Way
Macon, GA 31217
Cell Phone: 317-294-7349
Fax Number: 478-745-2686

DISTRICT (CIRCLE ONE)

OCONEE ROBERT L. SCOTT OCMULGEE SCOUTREACH EXPLORING

WILL PARTICPATE IN SCOUTING FOR FOOD: _____ (YES OR NO) CHOOSE ONE

PACK, TROOP, CREW, POST NUMBER: _____

OF DOOR HANGER REQUEST: _____

SCOUTING FOR FOOD UNIT COORDINATOR: _____

PHONE: _____ EMAIL: _____

INSTRUCTIONS

1. Appoint a scouting for food coordinator
2. Promotional flyers will be passed out January 11, 2018 during roundtable (Kick-off)
3. On January 12-14, January 19-21, or January 27-28, have your scouts in full uniform while placing flyers in local communities
4. Ask for food door-to-door (use the buddy system)
5. If there is no answer move onto the next door
6. Collect and turn in all food related items to Middle Georgia Community Food Bank or your local food bank by February 2nd. Please submit the unit participation roster to the council office.

FOOD BANK INFORMATION

Middle Georgia Community Food Bank,

Address: 4490 Ocmulgee E Blvd, Macon GA 31217

Phone: (478) 741-8777 Operational hours: Monday-Friday, from 8:30am-5:00pm

***Please record the amount of food that was collected and report the results to your unit coordinator. 1 can = 1 pound**

Scouting for Food- 2018 Scout Participation Roster

(Circle one): Pack Troop Crew

Unit #: _____

District: _____

Unit Leader: _____

of Items Collected: _____

List all Scouts participating in your unit's campaign

| | First | Last |
|----|--------------|-------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
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