



## Dallas County 4-H Service Project: *How to get started!*

- Bring food items & monetary donations to club meetings in Jan. and Feb.
- Canvas your neighborhood as a club or family to collect donations.
- Research food insecurity and put together an exhibit or presentation for the “Hands to Larger Service” March 4 event. (see page 2). These could also be used for Communications Day on March 28!
- Give a presentation at local civic, community, faith, etc. organizations to provide education and the opportunity to ask for monetary donations and/or matching funds with those collected through the club.
- Work with local businesses and organizations to set out collection boxes.
- Check with family/friends to see if their employers offer matching funds

***NOTE: Checks can be made out to your local food pantry but please still bring them to our March 4 event so we can record them in our grand total collected.***

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## Most Needed Items to Collect

Individual bags of chips,  
crackers or cookies

Individual packets of oatmeal and  
Poptarts

Individual cups of mac and cheese  
and microwaveable Chef Boyardee

Pancake mix and syrup

Pasta and spaghetti sauce

Pizza sauce

100% fruit juice

Peanut butter and jelly

Cereal

Hamburger Helper

Canned meats (tuna, chicken, etc.)

Diapers, size 3 and up

Laundry soap

Shampoo and conditioner

Toothpaste



# “Hands to Larger Service”

## *Feeding Dallas County*

***Sat., March 4 from 9 to 10:30 a.m.  
at the Community Building on the  
Dallas County Fairgrounds***



- Drop off, count, weigh and sort donations
- Educational activities & resources including:
  - ⇒ Friday food backpack program sample bags
  - ⇒ Sample of amount of food a family of four receives from pantries
  - ⇒ Blessing box information
  - ⇒ Eat nutritiously on a budget
  - ⇒ Family finance and budgeting resources
- Discover volunteer opportunities
- Food-themed photo booth
- Raffle drawings!



**Questions?** Contact Lisa Mickelson  
at [lmickel@iastate.edu](mailto:lmickel@iastate.edu) or (515) 993-4281.

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# Food Insecurity and Hunger Talking Points

- Food Insecurity is defined as having limited access to enough food for an active, healthy lifestyle.
- 9.3% of Dallas County residents experience food insecurity (approximately 7,452 people).
- Between Feb. and Oct. 2016, local food pantries served 2,309 households in Dallas County.
- Dallas County food pantries serve all ages. In Waukee, the primary age range served is 6-12 years old; in Perry, 6-12 & 24-35 years old; and in Adel, 55-64 years old.
- From data collected from the Perry and Waukee food pantries, 45% of their clients were employed.
- Opportunities for Dallas County food pantries (identified by interviews with pantry users), were needs of: fresh fruit and vegetables year-round, hygiene products, meat and education on other available resources and programs.
- The Mobile Food Pantry Program in Dallas County, between the months of March and Sept. 2016, served 1,756 individuals from 616 households.
- Mobile Food Pantry locations include the First Presbyterian Church in Dallas Center, Crossroads Church and Dallas County Hospital in Perry and the Rhema Worship Center in Waukee.
- The reasons people stated for not using a food pantry included not knowing about them, the hours of operation, not having transportation to a pantry, language barriers, handicap access and the need for an appointment.
- Friday Food Backpack programs in Dallas County schools help lessen hunger in children by providing school-aged youth with a backpack of kid-friendly, healthy food. During the 2015-16 school year, 6,198 backpacks were distributed in the county.

## Other links:

Food Bank of Iowa, <https://www.foodbankiowa.org/>

Iowa Department of Public Health, <http://idph.iowa.gov/wic/food-security>

Iowa Hunger Summit, [https://www.worldfoodprize.org/en/events/iowa\\_hunger\\_summit/](https://www.worldfoodprize.org/en/events/iowa_hunger_summit/)

The World Food Prize Iowa Youth Institute, <https://www.worldfoodprize.org/index.cfm?nodeID=87662&audienceID=1>

ISU Poverty and Food Needs by County, <http://www.icip.iastate.edu/special-reports/poverty>

Thank you so much for your contribution to the Dallas County 4-H Service Learning Project!

**In Dallas County 9.3% of residents experience food insecurity, meaning they have limited access to adequate food.**

Join us on

**Sat., March 4, from 9 to 10:30 a.m.**  
**Community Building on the Dallas County Fairgrounds**

as all our 4-H members and clubs come together to sort and weigh our collections! Plus, there will be local food pantry representatives along with awesome presenters and activities for a fun-filled, educational family event that gives back to our community.

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