



Lorton Community
Action Center

A Hand-up, Not a Hand-out.

South County & Hayfield Students

Some South County and Hayfield teachers will not permit a food drive as valid volunteer service hours. Students are encouraged to speak with their teachers/counselors to determine if there are any restrictions on the type of projects which may be considered for service hours. If your teacher approves a food drive as appropriate for service hours your parent/guardian will track your hours and will provide verification to the school. LCAC will provide a donation receipt confirming your donation was received.

In order to ensure a smooth drop off of donations LCAC needs to be notified of any food drives/donations coming to LCAC. Please contact Ms. Stephenie Hart, Director of Food & Nutrition, 703/339-5161, ext. 120 or Stephenie@LortonAction.org

Drop off is weekly on Tuesday's from 3:00 to 5:00. You will be provided with a Youth Donation Receipt after the donation has been weighted and recorded.

Please contact Stephenie or Christen Scott, LCAC's Director of Volunteers, Christen@LortonAction.org if you have questions.

Option A: collect items to prepare three (3) "A" Bags: this bag is our non-perishable bag that is given to every family that comes in the pantry (we go through about 250 "A" bags weekly)

"A" bags contain the following:

Green veggie	Soup
Corn	Tuna
Canned fruit	Pasta
Pasta sauce	Macaroni/cheese

Option B: collect items to prepare three (3) Clean Start Bags: this bag is given quarterly (if we have it) to each of our 250 families

Clean Start bags contain the following:

Laundry detergent (64 oz)	2 bars of soap
4 rolls toilet paper	1 bottle of shampoo
1 tube toothpaste	4 toothbrushes



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Option C: collect items to prepare five (5) "Cereal/Snack Bags": this bag is given to each family that comes in the pantry (we go through about 250 "cereal/snack" bags weekly)

Cereal snack bags contain the following:

Breakfast cereal (18 oz)

1 package of microwave popcorn

1 sleeve of crackers

Option D: collect items and prepare three (3) "Kids Packs": this bag is provided each Friday and throughout the summer to children in our neighborhood.

Each gallon size Zip-lock bag should contain two items from each category:

Breakfast: oatmeal, small cereal box, granola bar, etc.

Lunch: cheese/crackers, cup of soup, peanut butter crackers, etc.

Dinner: easy mac/cheese, beef ravioli, tuna, canned chicken, etc.

Snacks: applesauce, pudding, fruit cup, fruit snacks, etc.

Drinks: 1 juice box

Option E: Food items to create one (1) Thanksgiving Food Basket NOTE: option is only available from October to mid-November

- Go to LortonAction.org and click on the "Services" button and then "Seasonal Outreaches" to find the Thanksgiving food basket list, email Christen Scott at Christen@LortonAction.org or call 703-339-5161, ext. 170 for additional information.

Option F: Food items to complete two (2) Holiday Meal boxes NOTE: option is only available from mid-October to mid-December

- Go to LortonAction.org and click on the "Services" button and then "Seasonal Outreaches" to find the Holiday meal list, email: Christen@LortonAction.org or call 703-339-5161, ext. 170 for additional information.

Thank you for helping families in our community!