



LCAC's food bank provides families in need with safe and nutritious food as the foundation of a well-balanced diet. The food stored at the pantry is donated by local communities, civic groups, stores, and individuals, such as you. The food is sorted and distributed to all those in need who live in the Lorton, Ft Belvoir, and Newington area to include seniors, unemployed, homeless, single parents and families struggling to make ends meet.

A study by the *Food Security Institute, Center on Hunger and Poverty* found that 594,000 people in Virginia are considered "food insecure." LCAC has partnerships with homeless shelters and food kitchens to share our excess, making full use of every donation.

## **LCAC Food Drive Shopping List**

### **FOOD**

Cereal, Cereal, Cereal (hot/cold)  
Canned Meats and Tuna  
Canned fruits/veggies  
Pasta/Sauce  
Rice  
Gravy (dry packets work great)  
Canned fruits/veggies  
Cooking Oil  
Crackers  
Healthy snacks (Popcorn, raisins, etc.)  
Peanut Butter/Jelly

**\*Dog/Cat Food** (dry or wet)

### **PERSONAL CARE**

Diapers and Wipes  
Toothpaste/Toothbrushes  
Shampoo  
Bar Soap  
Deodorant  
Laundry detergent  
Shaving razors  
Feminine Care Items  
Toilet Paper  
Paper Towels

### **MONETARY DONATIONS**

We always appreciate monetary donations! LCAC can purchase food at the Capital Area Food Bank for 19 cents a pound – i.e., \$10.00 = about 55 lbs of food.

# Organize a Successful Food Drive

**Contact LCAC:** Call (703) 339-5161 or email [Joshua@lortonaction.org](mailto:Joshua@lortonaction.org). If you wish to have a speaker talk to your group, just ask and we'll be glad to come out or give you a tour.

**Set the dates:** Allow 2 weeks to prepare and get the word out. Provide a second reminder as the date becomes closer. Provide a final reminder as the ending date approaches for last minute donors.

**Set a Goal:** Decide how much food you would like to collect. Consider how many donors you have and how much can you expect to collect from each donor. Recommendation: 3 food items for every prospective donor.

**Select a Collection Site:** The site should be convenient, well travelled and highly visible. Let people drop off at convenient times and provide labeled boxes. A 12"x12"x12" box full of cans weighs 35 lbs. Use small boxes for cans, medium boxes for dry goods. Decorate with festive wrap and post flyers.

**Advertise:** Be creative! Let everyone know what you are doing. Hand out flyers with the kinds of food items needed. Use email, posters, fliers, regular mail, paycheck stuffers, newsletters, websites, and newspaper announcements. Create a theme – diaper drive; paper products drive; cereal drive.

**Deliver the food.** Your contribution should be delivered to the LCAC Food Pantry located at 9518 Richmond Hwy, Lorton, VA 22079. Call LCAC to arrange for a pick up for large collections (703) 339-5161 x15.

**More Ideas.** Give prizes for the most food collected. Conduct a neighborhood food drive (see Neighborhood Food Drive flyer). Designate a company day to bring in food for the drive and stock the LCAC shelves. Hold an event/party where the cost of admission is food. Hold a dinner party where admission is a bag of food. Provide donors with bags for food – often local grocery chains will donate the bags.

**Celebrate** Announce your success and thank participants. Take pictures for LCAC to post on their website. Know that you have made a difference. Discuss lessons learned and best practices. Schedule your next food drive for the coming year. Let LCAC know when you will be back.

## Bringing Food Donations to LCAC...

Please bring your food donations to Lorton Community Action Center located at:

9518 Richmond Hwy, Lorton, VA 22079  
(703) 339-5161



**Directions:**

From RT 1 North: Drive South on RT 1 (Richmond Hwy) past the Gunston Plaza. Take a right at the 3<sup>rd</sup> light past Gunston Plaza into the Lorton Library Parking lot. We are in the house at the top of the driveway off the parking lot.

From RT 123 (Ox Rd): Turn on Silverbrook Rd. LEFT on Lorton Rd. RIGHT on Armistead St. RIGHT on Richmond Hwy. RIGHT at the 2<sup>nd</sup> light into the Library Parking lot. We are in the house at the top of the driveway off the parking lot.

From 95 South: Take exit 163 toward Lorton. LEFT on Lorton Rd. RIGHT on Armistead St. RIGHT on Richmond Hwy. RIGHT at the 2<sup>nd</sup> light into the Library Parking lot. We are in the house at the top of the driveway off the parking lot.

*Thank you very much for helping LCAC serve hungry families throughout the Lorton/Fort Belvoir/Newington area.*