*Cans Instead of Candy* is the “official” name of the food drive.

Other ideas for posters:

-Collect Cans Instead of Candy

-Help Fight Hunger on Halloween

-Trick-or-Treat for Others

-Earn volunteer hours while having fun with friends!

-Easy volunteer hours!

-Halloween themed items: Masks, pumpkins, broomsticks, candles, orange and black and purple, black cats

-Food items: Canned goods, fruits, vegetables.

Other information:

-Volunteer hours CAN be earned by those trick-or-treating on 10/31 and by those delivering items to the food bank on 11/1.

-Cans will be donated to the Capital Area Food Bank.

-The advisory which collects the most cans per person will earn a bonus of baked goods for themselves on Monday, November 4.

- Most needed items: Chili, dry beans, canned stews, 100% peanut butter, whole wheat pasta, whole grains (brown rice), whole grain low sugar cereals, canned meats (tuna and white meat chicken), canned fruits (in its on juice), canned low sodium vegetables, canned low sodium soups, canned low sodium no sugar added pasta sauce, full meals in a box/can, pop top food items. All items should be in the original, unopened packaging. No glass, please.

Hunger Facts:

By contributing to the Capital Area Food Bank, you help provide nutrition to the 48,000 clients we serve each week, 30,000 of whom are children.

The Capital Area Food Bank is expecting an increase in people needing assistance because of the cuts to SNAP (food stamps) by the US House. Cuts begin on November 1, the day we will deliver canned goods to the food bank:

<http://www.kxan.com/news/local/austin/food-help-numbers-not-falling-in-austin-area>

<http://www.hungerisunacceptable.com/blog/2013/09/20/5-things-you-can-do-in-the-wake-of-nearly-40-billion-in-cuts-to-food-stamps/>

The government shutdown is also creating an increase in needs for food as many are not being paid or are not receiving benefits they normally receive:

<http://www.hungerisunacceptable.com/blog/2013/10/02/war-on-our-poor/>