

NCFL 2018 Service Project

This year, our hosts in the Washington/Arlington Diocese have selected Martha's Table to be the beneficiary of the NCFL's annual service project. For over 37 years, Martha's Table has worked to support stronger children, stronger families, and stronger communities by increasing access to quality education programs, healthy food, and family supports. They believe that every child deserves the opportunity for their brightest future and a deeply engaged family and community committed to their success, and we would like to help them accomplish that goal!

How You Can Help!

There are numerous ways that you, your team, and your diocese can help support Martha's Table.

- **Donate Food.** Trail mix, sandwiches, canned goods, and fresh produce are always in demand. Check out the attached flyers for details.
- **Donate Toiletries & Supplies for Babies.** Toiletries for children and adults are always in demand. Buying a new toothbrush for the trip? Buy an extra and donate it! Packing toothpaste? Bring an extra tube to donate! Don't need the toiletries the hotel gives you? Donate them! Martha's Table is also always in need of diapers, baby wipes, and bottles.
- **Donate Gently Used Business Attire.** Martha's Table works with people to help them find jobs, so gently used business attire is something they are always looking for. Have a suit in your closet that you are never going to wear again? Pop it in your suitcase and pass it along to someone who needs it!
- **Donate Money.** This is the easiest to pack and bring with you to DC! A single meal costs approximately \$.50 for Martha's Table to provide. One night of feeding the homeless via their "McKenna's Wagon" costs about \$500. We have 4,500 friends coming to Washington DC for NCFL 2018. Think about how many people we can help feed if each of us pitched in just a few dollars! Together, we can make a big difference! We'll be collecting money at various places throughout the tournament, please give what you can.

Spread the Word!

Last year at NCFL 2017 we raised over \$4,000 and donated several boxes of toiletries and goods to Safe Place, Louisville, and that was just while we were AT the tournament. Help us spread the word in advance, and let's see if we can DOUBLE what we were able to do last year! Here are ways you can help us spread the word and make this our most successful service project yet!

- Share your pledges on social media and ask your friends to consider contributing to our efforts! Don't forget to tag #NCFL2018!
 - "Buffalo pledges \$350 towards a meal and 100 toothbrushes for the #NCFL2018 service project!"
 - "Mount Mercy Academy is providing \$350 towards one meal at #NCFL2018 for Martha's Table. Can you do the same?"
- Send friendly challenges your team, your diocese, other teams, and/or other diocese!
- Get your community involved! Collect money or donations at home and bring them with you to DC!

Thank you for your efforts! See you at NCFL 2018!

#SpreadTheLove Sandwich Making Kit





Hunger in the District

- One in six households in the District struggle to afford enough food.¹
- One in three children in the District experience food insecurity, and don't know where they will get their next meal.²
- On any given night, there are 8,350 homeless people in the District, including thousands of children.³
- Hunger is linked to increased risk of chronic disease and poor psychological health in adults. Children growing up hungry are especially vulnerable to stunted development and behavioral issues.⁴

**Hunger hits hard.
But you can help!**

¹ *How Hungry Is America?*, Food Research and Action Center ² *Map the Meal Gap*, Feeding America ³ The Community Partnership for Prevention of Homelessness

⁴ Feeding America



How You Can Make a Difference

Step 1: Use this kit to host a sandwich making party with your family, friends, or coworkers.

Step 2: Follow the guidelines and donate sandwiches to Martha's Table.

Step 3: McKenna's Wagon, our daily mobile food truck, rolls out every night to provide nutritious meals and sandwiches to hungry neighbors at 3 downtown stops. We distribute over 300 sandwiches each night!



(The Washington Post)

Interested in volunteering on McKenna's Wagon?

Visit: <http://marthastable.org/get-involved-2/volunteer> to sign up for a shift!



The Season of Giving Starts Now!

Make and donate PB&J sandwiches to Martha's Table and help us **#SpreadTheLove**! The sandwiches you make will be distributed to neighbors in need through McKenna's Wagon.

This toolkit is your ultimate guide to hosting a **#SpreadTheLove Sandwich Making Party**.

In This Ultimate Guide You Will Find:

Fun Pro-Tips.....	5
Sandwich Making Guidelines.....	6
How To Spread The Word About #SpreadTheLove.....	7
How To #SpreadTheLove Without PB&J.....	8
Donation Form.....	9





The Ultimate Guide To Hosting a #SpreadTheLove Sandwich Making Party

Who Can Join The Party? Anyone!

- Make PB&J sandwiches at home with your kids!
- Gather co-workers in the office break room for a sandwich making challenge.
- Invite friends over for dinner and host a #SpreadTheLove sandwich making party!

Fun Pro-Tips

- Assign one volunteer to shop for all ingredients so you can take advantage of bulk discounts.
- Use Venmo to have participants chip in ahead of time.
- Before going shopping, clear space in your fridge to store ingredients or assembled sandwiches.
- Mix the PB&J in one bowl so it's easier to spread.
- Use a disposable plastic tablecloth for quick clean up.
- Create a #SpreadTheLove playlist so everyone can jam out at your party! We suggest including "*Peanut Butter Jelly Time*" by the Buckwheat Boys!
- Hold a competition to see who can make the most PB&J sandwiches in an hour!
- Make everyone ***peanut butter and jealous*** by sharing pictures of your sandwich making party! Don't forget to tag Martha's Table on Facebook, Twitter and Instagram!





Sandwich Making Prep

	100 Sandwiches	250 Sandwiches	500 Sandwiches
Bread Loaves	10	23	46
Creamy PB	60 oz or 4 lbs	150 oz or 9.5 lbs	300 oz or 19 lbs
Jelly	60 oz or 4 lbs	150 oz or 9.5 lbs	300 oz or 19 lbs

It only takes **17 seconds** to make one PB&J sandwich. The cost per PB&J sandwich is just **40 cents**.

Sandwich Guidelines

- Use **healthier** types of ingredients, such as whole wheat bread. Please make fewer sandwiches if healthier ingredients are more expensive.
- Individually **wrap** the sandwiches in foil, plastic wrap, or sandwich bags. **Label** sandwich bags “PBJ.”
- Place the sandwiches in boxes in order to make transporting them easier. Label the boxes “Peanut Butter & Jelly.”
- Prior to dropping off the sandwiches, please provide a description, count and estimated value of what you are donating using the **Donation Form** on page 9.
- **Deliver** sandwiches to 2114 14th St. NW Washington, DC 20009. Donation times are Monday - Friday 7:30am - 6:00pm and Saturday - Sunday 10:00am - 3:00pm. Donations are accepted at our loading dock located in the back alley, which is accessible from V St. Once in the alley, proceed to the second garage door on the right and ring the buzzer located on the upper right of the door frame or call the main line (202-328-6608) to let us know you are here.



Spread The Word About

#SpreadTheLove

Take a picture of your sandwich making and tag us on Facebook, Twitter, and Instagram! Encourage your friends to #SpreadTheLove and help us feed our DC neighbors!



#SpreadTheLove



@MarthasTableOrg



@MarthasTableorg



@marthastable



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@marthastable



Can't #SpreadTheLove With PB&J?

Here's how else you can help:

- Make and donate meat and cheese sandwiches.

Please:

- ◆ Use healthier ingredients, such as whole wheat bread or lean meats (avoid bologna and white bread).
- ◆ Do NOT apply condiments to sandwiches (to extend shelf life).
- ◆ Individually wrap the sandwiches and label sandwich bags to indicate sandwich contents (ex. TC = Turkey and Cheese; HC = Ham and Cheese)
- ◆ Sort sandwiches by type and place them in boxes labeled "Meat & Cheese" so we can quickly determine what must be refrigerated.
- ◆ Fill out the Donation Form on page 5 prior to dropping off sandwiches.
- ◆ While transporting sandwiches, be aware that they should be refrigerated right away.

- Donate jars of peanut butter and jelly or sandwich bags.
- Encourage others to make and donate PB&J sandwiches. Reach out to friends, family, and local volunteer and church groups.





In-Kind Food Donation Record

Fill out one form for each drop off of donated food.

Date _____ Donated by _____
Address _____ City _____
Zip _____ Contact _____ Phone _____
Email _____

Items Donated:

	<u>Quantity</u>	<u>Value</u>
1. Sandwiches	_____ ea	_____
2. Canned Goods	_____ lbs	_____
3. Bread/Loaves	_____ ea	_____
4. Produce/Fruit/Meat Prepared Meals	_____ lbs	_____
5. Desserts	_____ lbs	_____
6. Misc. Non-food	_____	_____

Total Value.....\$ _____

Comments/Instructions

Received by: _____ Date: _____

TRAIL MIX RECIPES

McKenna's Wagon provides hundreds of healthy meals in DC every single day. Our guests greatly appreciate bags of trail mix which they can eat immediately or save for later. Bring together friends, family, and your community to help make the bags. Here are some ideas for inspiration or make your creation!

We estimate that 10 lbs of ingredients = 60 snack size bags!
Please email us at donations@marthastable.org to schedule a drop-off!

				= Blue Hawaiian
macadamia nuts	flax seeds	dried blueberries	shredded coconut	
				= Classic
toasted almonds	dried cranberries	chex cereal	sunflower seeds	
				= Sweet & Salty
pretzels	raisins	granola	peanuts	
				= Black Forest
almonds	pretzels	sunflower seeds	dried cherries	
				= Thanksgiving
pumpkin seeds	dried cranberries	granola	pecans	
				= Monkey Munch (nut allergy free)
banana chips	shredded coconut	dried fruit	chex cereal	