

Host a Food Drive: Protein

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Hosting a food drive is fun and easy.

1. Choose a person to lead your efforts
2. Decide on a time and place to collect food
3. Register your food drive at houstonfoodbank.org/fooddrive.aspx
4. Pick up food drive supplies – boxes, money canisters (after you register)
5. Start collecting

Protein aids in proper **brain development, muscle growth** and a **strong immune system in a child.**

Protein items needed

(14-16 oz cans)

- Canned chicken in water
- Canned tuna in water
- Vienna sausages
- Chili with beans
- Meat stew with vegetables
- Canned beans
- Beef ravioli/canned ravioli
- Canned spaghetti with meatballs/meat sauce

You can feed a child for a month with 8 cans of protein.

For the safety of those we serve, the Houston Food Bank is unable to accept:

- Open packages
- Homemade food items
- Perishable foods
- Baby food
- Items with “expired” dates

The **Backpack Buddy** program **provides a child at risk of hunger** a nonperishable food sack that supplies **6 meals and 2 snacks over the weekend.**

For more information about food drives call Yolanda Alexander, Community Engagement Manager, 713-547-8670. Thank you for helping the Houston Food Bank help our community.