



Fundraising for Meals from the Heartland

Thank you for your support of Meals from the Heartland! Whether you're fundraising for a packaging event or wish to fund the cost of ingredients and supplies for future events, your generosity will make a difference in the lives of hungry children and families in our community and all over the world.

Donations Make a Difference

At just 20 cents a meal, *every* donation helps feeding the starving. To give you an idea:

- \$20 funds the cost of 100 meals
- \$50 funds the cost of 250 meals - **the cost one typical volunteer uses in an average shift!**
- \$100 funds the cost of 500 meals

It's as easy as 1, 2, 3 ...

1. Get creative.

- Think of some original ideas that fit the personality and dynamic of your group, for example:
 - **Meals from the Heartland School Youth Grants** — We currently offer matching grants for schools in Central Iowa. Contact us for details and how to apply.
 - **Hat Day** — kids pay a dollar to wear a hat at school
 - **Jeans Day** — teachers/employees pay money to wear jeans to school/work
 - **Coin Wars** — kids/students try to bring in the most silver coins vs. copper coins
 - **M&M Tubes** — sell M&M tubes for \$1, fill them with quarters and bring them back to Meals from the Heartland (a full tube can hold \$14)
 - **T-Shirt Sales** — we have t-shirts (mostly adult sizes) that you can sell and use the profit for funding
 - **Dodgeball** — rally community members to sponsor a friendly, competitive tournament
 - **Movie Night** — charge admission to a movie and sell concessions
 - **Bake Sales** — hold a pancake breakfast or chili supper or other bake sales
 - **Grants** — apply for grant money from churches or local organizations
 - **Community Partners** — team up with a local business to designate a portion of their sales to Meals from the Heartland
 - **Meal Packages** — Take home our meal bags, fill with donations and bring back! It's a great visual for filling similar bags later with nutrition and hope for the hungry.

2. Spread the word.

- Share about your event on social media, and be sure to tag Meals from the Heartland!
 - Facebook: Meals From the Heartland
 - Twitter: @mfth
 - Instagram: @mealsfromtheheartland
- Include a write up in your group or organization's newsletter, communication emails, website, etc.
- Host a Meals from the Heartland dinner where you share the vision for the packaging event or donation goal and invite family, friends and neighbors to attend and participate.

3. Think big!

- While there's no such thing as a small sacrifice, don't limit your group's potential. If you aim high, it's amazing how you'll see the whole group rise to the challenge!