

HOW TO HOST A VOLUNTEER DAY

We're on a mission to help kids and families in need. This is why Plexus® and Plexus Charities launched the Nourish One™ Initiative, where each serving of Plexus Lean™ purchased contributes a monetary donation to Feeding America® to help provide a meal* to a child or family in need. Through our partnership with Feeding America®—the nation's largest domestic hunger relief organization—you can help to build a food-secure future by supporting Nourish One but also by volunteering at one of Feeding America's local member food banks.

Together, let's help children and families in need

Feeding America works to get nourishing food—from farmers, manufacturers, and retailers—to people in need. It doesn't take a big commitment to make a big impact. Here's how you can get involved and help the Feeding America nationwide network get food in the hands the people who need it most.



How to Volunteer at a Food Bank

Get ready to share health, happiness, and hope

- 1 Find your nearest food bank.** Feeding America's interactive map makes it easy to find your nearest food bank. Keep in mind that your nearest food bank may not be in your state—and that's ok! If there isn't a food bank near you, it's okay to serve at a food pantry or someplace similar in your community. Locate Your Food Bank
- 2 Pick a date.** Check with your local food bank to schedule a time that works for you. Most food banks have posted volunteer schedules or the ability to call or schedule a service time online. Be sure to ask how many volunteers your food bank can take at a time so you know how many friends to invite. Plan your event at least three weeks ahead since spots (especially weekends) fill up fast. Food banks are often fully booked with volunteers during the Thanksgiving and Christmas holidays, but help is needed year round! Spring, summer, fall, winter; any time is a good time to volunteer.
- 3 Invite your friends.** Once you've got a date on the calendar, invite your friends! You can send out invitations or create a Facebook event. Once your friends have confirmed their attendance, you can share the event across your social media channels, letting your community know you will be hosting a volunteer opportunity. Be sure to tag your friends and use hashtags #Plexus, #NourishOne, and #FeedingAmerica.
- 4 Follow up.** Two days before your visit, send out a reminder to your group with the finalized details. It's helpful to include a copy of the food bank's rules and guidelines, as every location has its own set of regulations. For example, there may be specific recommendations about attire or footwear that is allowed.
- 5 Give back.** On the day of your visit, be sure to print all necessary forms ahead of time. Coordinate your group's travel plans so that you all arrive 10-15 minutes early. Once you've arrived, it's time to have some fun. Incredible things happen when you donate your time, roll up your sleeves, and give back to your community through volunteer work.
- 6 Reflect.** At the end of your visit, ask your coordinator how many meals you packaged and share it with your team. You can also prepare discussion questions to help your group reflect on their experiences. Don't forget to thank your local food bank and hard-working group members.
- 7 Share.** Take group photos, and share your experiences on social media. Let your community know how many meals your group served or packaged and use the hashtags #Plexus, #NourishOne, and #FeedingAmerica.

*Every bag of Plexus Lean sold contributes a monetary donation equivalent to 14 meals to Feeding America®, providing at least 1.5 million meals annually.

*\$1 helps provide at least 10 meals secured by Feeding America® on behalf of local member food banks.