

The Food From The Bar (FFTB) Campaign is an annual month-long effort led by the legal community, focused on providing nutritious meals for children in Los Angeles County. The organizations that launched this effort – Los Angeles Regional Food Bank, Los Angeles County Bar Association, Women Lawyers Association of Los Angeles and the Food From The Bar Steering Committee – invite you to join attorneys, staff and their families in supporting this important community project.



The Los Angeles Regional Food Bank has been mobilizing resources to fight hunger in L.A. County since 1973. In 2018, they distributed 67 million pounds of food! But the need is still great. One out of every four children in L.A. County struggles with food insecurity. Many children who rely on school lunch programs go without meals while on summer break.

Food From The Bar makes a difference! In 2018, Food From The Bar raised more than \$500,000, collected nearly 8,000 pounds of food and 823 individuals volunteered at the Food Bank. This year the campaign will be held from May 1 to June 1. This campaign is a competition and points will be awarded for financial contributions, food donations and volunteer hours.

### **Donate Funds**

Financial support is critical to the Food Bank's ability to acquire, transport, store and distribute millions of pounds of food. By making a gift to the Food Bank, you make a strong statement about your commitment to the Los Angeles community and to the fight against hunger in L.A. County. Every \$1 donated provides food for up to four meals.

### **Volunteer Opportunities**

Our Volunteer Department schedules volunteer days Monday through Saturday. The typical shift lasts approximately three hours. The Food Bank can accommodate up to 200 volunteers per shift. Volunteer activities include food sorting and assembling food boxes for our programs. On an annual basis, more than 30,000 volunteers contribute their time at the Food Bank.

### **Food Donations**

For those interested in holding a traditional food drive, the best items to donate include canned fruits and vegetables, canned meats such as tuna or chicken, canned soups and stews, canned beans, and other nutrient-rich shelf-stable foods. We encourage teams to bring food they collect directly to the Food Bank when they volunteer, but pickups can be scheduled.

### **Awards**

All organizations that participate in the competition will receive an Achievement Award. An Overall Award will be presented to the organization with the highest overall combined totals. A Highest Per Capita Award will be presented to the organization with the highest overall per capita contributions.

For more information, contact Christina Quezada at (323) 234-3030 ext. 163 or at [cquezada@lafoodbank.org](mailto:cquezada@lafoodbank.org)