TOGETHER WE CAN END HUNGER IN MERCER COUNTY

JUNE 16, 2020 • THE COLLEGE OF NEW JERSEY
DUE TO THE COVID-19 CRISIS, OUR 6TH ANNUAL STRIKE OUT HUNGER HAS BECOME A VIRTUAL EVENT.

NOW MORE THAN EVER, FAMILIES NEED US!

Strike Out Hunger is a community-driven initiative that unites companies, individuals and advocates to alleviate hunger in Mercer County.

The full ramifications of this global pandemic are unknown. What we do know is that vulnerable communities are facing the hardest challenges. Together, we can do something about that. You can make an environmentally friendly grocery bag filled with nonperishable food items and helping us reach our $100,000 fundraising goal. On June 16, 2020, join us Live to virtually kick off Strike Out Hunger. Collection of bags with food will start on June 16, 2020 and end on June 30, 2020. All donations will go towards filling empty food pantry shelves and summer food programs to help neighbors in need.

HOW YOU CAN GET INVOLVED: JOIN US FOR THE BAG CHALLENGE!

1. **Make It!** Make an environmentally friendly grocery bag(s) out of new or gently used (wash first) t-shirt. The completed bags will be used to help distribute food at local pantries.

2. **Fill it!** Fill the bag(s) with nonperishable food items that will benefit Mercer Street Friends Foodbank and its network of 40+ food pantries and distribution sites throughout the county.

3. **Share it!** Take video or photo(s), post on social media, tag us and use our hashtag, tag 3 or more friends or colleagues to do the same

   Use hashtag #bagchallenge tag us:
   Facebook @uwgmc, Twitter and Instagram @uwgreatermercer

4. **Drop off!** Take your bag(s) filled with food on June 16. Curbside drop-off of food to a curbside drop-off location(s):

   **June 16, 2020, 10am-2pm**
   The College of New Jersey
   2000 Pennington Rd
   Ewing, NJ 08618
   Parking lot - look for signs

   **Other dates and locations for curbside drop-off of food donations are coming soon!**

   Volunteers and staff handling food will be wearing masks and gloves to keep with state mandated safety precautions regarding COVID-19.

5. **Donate!** Give online and help us reach our goal of $100,000 to fill empty food pantry shelves and assist neighbors in need.

   Every $1 provides 3 nutritious meals for our hungry neighbors.*
   Donate at www.unitedtoact.org/uwgmc/hunger

---

*Source: Community Food Bank of NJ*
CORPORATE PHILANTHROPY & ENGAGEMENT

• Engage your team virtually by having them follow the steps listed.
• Become a corporate supporter and become a champion of hunger relief
• Contact Courtney Matlock at Courtney.Matlock@uwgmc.org to learn more

VOLUNTEER OPPORTUNITIES

• Volunteers will be needed to help receive donations at the drop off location(s).
Check our website for updated information about this opportunity at www.uwgmc.org/soh.

SPONSORS

HOME RUN SPONSORS

POWER HITTER SPONSORS

LEAD RUNNER SPONSORS

Aqua NJ Berkshire Bank Mass Mutual M&T Bank Mercadien
PNC Bank Stark & Stark St. Francis Medical Center

To promote nutrition and healthy eating, consider donating the suggested nonperishable food items:

• Olive and Canola Oils
• Vinegar or lemon juice
• Broths (low sodium or no salt)
• Spices: garlic, pepper, cinnamon, oregano, parsley, chili powder, dill etc.
• Canned tuna, chicken or salmon
• Beans (canned or dried)
• Split peas and lentils
• Whole grain pasta, brown rice or quinoa
• Canned vegetables (low sodium or no salt)
• 100% fruit juice
• Peanut butter (18 oz plastic)
• Breakfast cereal and oatmeal (whole grain or low sugar)
• Applesauce (no sugar added)
• Shelf stable low-fat milk
• Dry-grated Parmesan Cheese
**Description:**
Put your gently used (washed) or new t-shirts to use and turn them into reusable grocery bags! These no-sew t-shirt bags are perfect for donating to local food pantries to use when they give out food, in addition to being environmentally friendly. Here’s a fun, simple, and low-budget project to clean out your closet, protect the environment, and, most importantly help others!

**Materials:**
- Gently used (wash first) or new t-shirt(s)
- Scissors
- Marker or colored tape

**Directions:**

**Step 1:** Turn the t-shirt(s) inside out.

**Step 2:** Cut off the sleeves and the neckline.

**Step 3:** Determine how big you want the bag to be and draw a line across or mark with colored tape.

**Step 4:** Cut the Fringe. ...
Cut slits into the bottom of the shirt, up to the line/tape from step 3, to create fringe. Cut the front and the back of the shirt at the same time so they line up. About 1 inch wide and 2 inches long.

**Step 5:** Tie the fringe together. Make sure to keep the knots tight and double-knot when possible.

**Step 6:** Finish Your Bag.
After you’ve finished tying the fringes together, turn the bag right-side out, and you’ve got a reusable bag!

**Step 7:** Take a picture of the bag and tag #BagChallenge @UWGMC on Facebook or @UWGreaterMercer on Instagram, or Twitter!

**Step 8:** Fill up the bag(s) with non-perishable items and donate at the curbside drop off location(s).
WHERE THE MEALS GO

FOOD PANTRIES
A Better Way, Inc.
Abundant Life Christian Fellowship
Amani House
Anchor House
ARC Mercer
Arm in Arm - East Hanover Street, Trenton
Arm in Arm - Hudson Street, Trenton
Arm in Arm - Princeton
Bethel Seventh Day Adventist Church Food Pantry
Bethel World Outreach Ministries
Catholic Charities Mercer Community Services
Catholic Charities Partners in Recovery
Christ Presbyterian Church - Ginny's Pantry
Divine Mercy/Sacred Heart Parish
Faith Deliverance Cathedral
First Haitian Church of God of Trenton
First Presbyterian Church of Cranbury - Skeet's Pantry
Griggs Farm - Princeton Community Housing
HomeFront Family Preservation Center
HomeFront Pantry
Isles Youth Institute - Ned's Pantry
Jewish Family and Children’s Service of Greater Mercer County
Lawrence Community Center
Maurice Hawk Elementary
Mercy Street Friends Parenting Program
Mount Carmel Guild
New Convenant United Methodist Church
New Hope Church of God
NJ Conference of Seventh Day Adventists
Adventist Community Services
Primera Iglesia Pentecostal Alpha & Omega
Princeton Deliverance Center
Rescue Mission of Trenton
Resurrection Lutheran Church - Pat's Giving Hearts Pantry
Rise - A Community Service Partnership
Sacred Heart Cathedral
Salvation Army Trenton Citadel Corps Community Center
Samaritan Baptist Church
St. Raphael-Holy Angels Food Pantry
Trenton Area Soup Kitchen (TASK)
Trenton Deliverance Center
Trinity Episcopal Cathedral Food Pantry
Turning Point United Methodist Church
United Progress Transitional Housing
United Progress, Inc.
Victorious Church Food Pantry
Word to the World Ministries - The Kitchen

SCHOOLS
Antheil Elementary
Lore Elementary
Parkway Elementary
Greenwood Elementary
Pace Charter
Wilson Elementary
Stackwood Elementary
Bear Tavern Elementary
Stony Brook
Grant Elementary
Gregory Elementary
MLK Elementary
MSF Preschool
Parker Elementary
Rivera Community Middle
Washington Elementary
Dutch Neck Elementary
Maurice Hawk Elementary
Miltonia River Elementary
Town Center
Village Elementary
Wicoff Elementary
Community Park
Johnson Park
Littlebrook
Riverside
John Witherspoon
Princeton Charter School

* Source Mercer Street Friends Food Bank

WWW.UWGMC.ORG

facebook.com/uwgm
twitter.com/uwgreatermercer
instagram.com/uwgreatermercer