



# 12 Days of Giving

## Toolkit 2023



**Food Pantry  
Network - HOI**

CULTIVATING CONNECTIONS-ALLEVIATING HUNGER-IMPROVING HEALTH

# *Table of Contents*



**Introduction - page 1**



**Set Up - page 2**



**Social Media Campaign - page 3**



**Tools - page 11**



**About Food Pantry Network - HOI - page 16**



**Questions & References - page 17**



# Introduction

The Holidays are a season of giving, a time when many are thinking of how they can give back. The season can also be one of great need for pantry guests as they try to provide for their family. Food Pantry Network - Heart of Illinois (HOI) developed the 12 Days of Giving campaign to help bridge that gap. The 12 Days of Giving campaign serves as a tool for guiding donations and informing the public about needed nutritious foods, hygiene items and warming items for our pantry guests.

## Hunger & Health

A recent study found that food insecure individuals on average spend 19.5% more on healthcare each year than their food secure peers (Palakshappa, et al. 2023). An important piece to all this is food. The food we eat directly impacts our health, and when a person or family is experiencing food insecurity they can get caught in a cycle leading to worsening conditions.

*Diagram adapted from Feeding America below includes example of challenges that may be facing pantry guests*

## Hunger & Health Cycle



Reference: Feeding America, Map the Meal Gap 2019, [https://www.feedingamerica.org/sites/default/files/2019-05/2017-map-the-meal-gap-health-implications\\_0.pdf](https://www.feedingamerica.org/sites/default/files/2019-05/2017-map-the-meal-gap-health-implications_0.pdf)

In our pantry settings, families rely on the food available to help sustain their family. While some sources of food may be harder to control the quality of food received, donations are an area that we can be a part of the solution through helping nourish families by requesting foods that support their health.



# Set Up

## Background

In 2020, our advisory board expressed the need to provide donors with a way to donate healthier foods to the pantries during the holidays. The list of food items that are included in the campaign were informed by the Healthy Eating Research Nutrition Guidelines for the Charitable food system. Locally, focus groups were also conducted around adequacy of the foods provided by the food banks and pantries as it relates to nutrition and cultural needs and preferences through the Healthy Eating Active Living - Food System Partners. Based off these two sources, Food Pantry Network - HOI leads then talked with our advisory board to inform the full list and match needs that pantries would like to see met. The addition of extra non-food items were requested by advisory board member pantries to help meet other important needs of families accessing their services.

---

## Being a Part of the 12 Days of Giving Campaign - [GO.ILLINOIS.EDU/12daysofgiving](https://GO.ILLINOIS.EDU/12daysofgiving)

Food Pantry Network - HOI welcomes you to partner in helping to host and/or share about the 12 Days of Giving. Visit us online at [GO.ILLINOIS.EDU/12daysofgiving](https://GO.ILLINOIS.EDU/12daysofgiving) to find all the details.

**BE A  
DONATION  
SITE**



**&/OR**

**SHARE WITH  
YOUR  
COMMUNITY**



**Your organization can host a 12 Days of Giving drive in the community!**

If you are a pantry you can host a donation drive at your site and use any of the materials created to help you in spreading the word. For other organizations looking to help, you can collect and link up to a local pantry to give your donations to.

**Your organization can share the pre-created graphics & post language on social media!**

The graphics can be used as a way to encourage the public to donate to our charitable food system in a targeted way to help address the needs families are facing.

### Yes you can do both!

You can host a donation site and use the social media graphics to remind people about foods to donate via your social media platform. This is a great way to remind followers about your donation event and needs.



**EAT.  
MOVE.  
SAVE.**



**Looking for a local pantry you could donate your 12 Days of Giving items to?**

You can use the Find Food IL Community Food Map to help!

**[GO.ILLINOIS.EDU/FindFoodIL](https://GO.ILLINOIS.EDU/FindFoodIL)**





# Social Media Campaign

## Full List

When using the 12 Days of Giving Campaign, begin by sharing the full list of items (pictured below). You can share this on your organization's page and/or create an event that encourages drop off on the 13th day at your location.



*Optional Post Language you could use if encouraging general drop off:*      *Optional Post Language you could use if hosting a drive:*

Looking for ways to give back locally this Holiday season? Join **[YOUR ORGANIZATION NAME]** in building a donation box by adding an item a day from December 1 - December 12! The items included in your donation will provide needed nutritious foods, important hygiene products and warmth to families in need for the Holidays.

What can you do?

Pack up a box with the items below & take it to your local pantry  
- Find a pantry near you: [go.illinois.edu/FindFoodIL](http://go.illinois.edu/FindFoodIL)  
Share this post & daily reminder posts (beginning December 1) with your friends to spread the word

You can also find all the images for the 12 Days of Giving Campaign online: [go.illinois.edu/12daysofgiving](http://go.illinois.edu/12daysofgiving).

#12DaysofGiving

Looking for ways to give back locally this Holiday season? Join **[YOUR ORGANIZATION NAME]** in our 12 Days of Giving drive! The items included in your donation will provide needed nutritious foods, important hygiene products and warmth to families in need for the Holidays.

What can you do?

Pack up a box with the items below & take it to **[DROP OFF LOCATION]** on **[DATE(S)]** between **[TIMES]**.

Share this post & daily reminder posts (beginning December 1) with your friends to spread the word

You can also find all the images for the 12 Days of Giving Campaign online: [go.illinois.edu/12daysofgiving](http://go.illinois.edu/12daysofgiving).

#12DaysofGiving

## Tip

Share this beginning post/create your event & share this post ahead of the Thanksgiving Holiday to get people thinking about giving. Reshare this post a day or two ahead of December 1st as a second reminder about the 12 Days of Giving.

## Daily Reminder Posts

Begin sharing your daily reminder posts on your page or event on **December 1**. There are 13 posts in all and an individual graphic and post language that can be used for each day. These posts remind people of the item to add that day to their box as well as provide education to the public about how to select each item and why it is important to include the item in their donations. Educational post language was developed by University of Illinois SNAP-Education. With all food items, awareness of the importance behind healthy food donations and inclusion of a recipe that could be made from the suggested food item are included. **If hosting a drive make sure to add reminders of your drive dates, location and time as applicable to the posts below!**

### Day 1

*Optional Post Language you could use:*

Day 1 – 12 Days of Giving

Today add a **whole grain, low sugar cereal or oatmeal** to your box.

Look for cereal with "whole grain" listed as the main ingredient, aim for cereals with 3g of dietary fiber or more. Whole grains have fiber which help your digestive tract stay regular. Aim to have HALF of your grains whole grains!



Try this yummy EAT.MOVE.SAVE. banana oatmeal recipe with your family: <https://eat-move-save.extension.illinois.edu/eat/recipes/banana-oatmeal>.

See the full campaign here: [go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving)

See the facebook post with all 12 days here: [go.illinois.edu/fb12daysofgiving](https://go.illinois.edu/fb12daysofgiving)

#12daysofgiving

## Day 2

*Optional Post Language you could use:*

Day 2 – 12 Days of Giving

Today add **low sodium soups** to your box.

Add low sodium/low fat cream soup to help others create a healthy holiday casserole! Choose other low sodium soups as a part of a well-balanced meal. Soups with lentils or beans are a great source of protein!



Warm up this winter with a tasty soup EAT.MOVE.SAVE. recipe that uses low-sodium cream of potato soup. <https://eat-move-save.extension.illinois.edu/eat/recipes/easy-chicken-and-vegetable-chowder>

See the full campaign here: [go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving)

See the facebook post with all 12 days here: [go.illinois.edu/fb12daysofgiving](https://go.illinois.edu/fb12daysofgiving)

#12daysofgiving

## Day 3

*Optional Post Language you could use:*

Day 3 – 12 Days of Giving

Today add **hygiene items** to your box.

Hygiene items such as feminine products, deodorant, soap or shampoo are important for supporting an individual's health and can be expensive to purchase. Add hygiene items to your box to support your neighbors!

See the full campaign here:

[go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving)

See the facebook post with all 12 days here: [go.illinois.edu/fb12daysofgiving](https://go.illinois.edu/fb12daysofgiving)

#12daysofgiving



## Day 4

*Optional Post Language you could use:*

Day 4 – 12 Days of Giving

Today add **low sodium veggies** to your box.

Look for low sodium canned vegetables. High sodium foods contribute to heart disease and hypertension, two common chronic health conditions.



Need a new, quick family meal idea? Try this EAT.MOVE.SAVE. recipe that uses some delicious canned vegetables. <https://eat-move-save.extension.illinois.edu/eat/recipes/texas-hash>

See the full campaign here: [go.illinois.edu/12daysofgiving](http://go.illinois.edu/12daysofgiving)

See the facebook post with all 12 days here: [go.illinois.edu/fb12daysofgiving](http://go.illinois.edu/fb12daysofgiving)

#12daysofgiving

## Day 5

*Optional Post Language you could use:*

Day 5 – 12 Days of Giving

Today add **canned fruit in 100% juice** to your box.

Look for canned fruit with 100% fruit juice or lite syrup! Some canned fruit can have unnecessary added sugars. Canned fruit contain some essential nutrients including potassium, dietary fiber, folate (folic acid) and vitamins A and C.



Fruit can make a delicious dessert! Try this EAT.MOVE.SAVE. recipe and top partially with some canned mandarin oranges or pineapple. <https://eat-move-save.extension.illinois.edu/eat/recipes/favorite-fruit-pizza>.

See the full campaign here: [go.illinois.edu/12daysofgiving](http://go.illinois.edu/12daysofgiving)

See the facebook post with all 12 days here: [go.illinois.edu/fb12daysofgiving](http://go.illinois.edu/fb12daysofgiving)

#12daysofgiving



## Day 6

*Optional Post Language you could use:*

Day 6 – 12 Days of Giving

Today add **canned chicken or tuna, in water** to your box.

Choose chicken or tuna canned in water for a low fat and protein packed food. Chicken and tuna are an excellent source of protein and B vitamins!



Check out this filling main course recipe that would use these proteins from EAT.MOVE.SAVE. <https://eat-move-save.extension.illinois.edu/eat/recipes/barbecue-tuna>.

See the full campaign here: [go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving)

See the facebook post with all 12 days here: [go.illinois.edu/fb12daysofgiving](https://go.illinois.edu/fb12daysofgiving)

#12daysofgiving

## Day 7

*Optional Post Language you could use:*

Day 7 – 12 Days of Giving

Today add **boxed potatoes or stuffing** to your box.

Aim for choosing the lower sodium boxed potatoes or stuffing. When preparing the potatoes, choose nonfat or lowfat milk. Add vegetables and low sodium options when preparing boxed stuffing for a healthier version of this holiday favorite!



Want to elevate your instant potatoes? Try this recipe from EAT.MOVE.SAVE. to turn your potatoes into a delicious side! <https://eat-move-save.extension.illinois.edu/eat/recipes/potato-cheese-puff>

See the full campaign here: [go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving)

See the facebook post with all 12 days here: [go.illinois.edu/fb12daysofgiving](https://go.illinois.edu/fb12daysofgiving)

#12daysofgiving

## Day 8

*Optional Post Language you could use:*

Day 8 – 12 Days of Giving

Today add **spices** to your box.

Add herbs and spices to flavor holidays meals without the added sodium, sugar or fat. Cinnamon, pepper and powders including garlic or onion powder are great options to donate.



Want some ideas of ways to use herbs to enhance your vegetable sides? Check out this post: <https://extension.illinois.edu/blogs/illinois-nutrition-edition/2014-09-30-more-herbs-less-salt-part-2>.

See the full campaign here: [go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving)

See the facebook post with all 12 days here: [go.illinois.edu/fb12daysofgiving](https://go.illinois.edu/fb12daysofgiving)

#12daysofgiving

## Day 9

*Optional Post Language you could use:*

Day 9 – 12 Days of Giving

Today add **warm weather attire** to your box.

With the change in seasons comes the cold and the need for extra protection from the weather to support people's health & wellbeing.



Families accessing pantries often have hard choices to make between paying for bills, food and other necessary items. Help support a need for our neighbors this year by donating new hats, new gloves or hand warmers to your local pantry!

See the full campaign here: [go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving)

See the facebook post with all 12 days here: [go.illinois.edu/fb12daysofgiving](https://go.illinois.edu/fb12daysofgiving)

#12daysofgiving

## Day 10

*Optional Post Language you could use:*

Day 10 – 12 Days of Giving

Today add household cleaning supplies or paper products to your box.

Look for cleaning supplies such as laundry detergent or dish soap. Toilet paper and paper towels are rarely donated to food pantries but are very much appreciated!



When selecting cleaning supplies like detergent, think about buying some smaller container sizes that will be easier for families to transport home from the pantry.

See the full campaign here: [go.illinois.edu/12daysofgiving](http://go.illinois.edu/12daysofgiving).

See the facebook post with all 12 days here: [go.illinois.edu/fb12daysofgiving](http://go.illinois.edu/fb12daysofgiving)

#12daysofgiving

## Day 11

*Optional Post Language you could use:*

Day 11 – 12 Days of Giving

Today add **“healthy, kid friendly” snacks** to your box.

Consider adding unsweetened applesauce cups or pouches, dried fruit, trail mix or fruit cups to your box. Having healthy snack options around the house is a great way to maintain a balanced diet throughout the holidays!



Looking for ways to get your kids involved with cooking in the kitchen? Check out this resource: <https://extension.illinois.edu/food/cooking-children>.

See the full campaign here: [go.illinois.edu/12daysofgiving](http://go.illinois.edu/12daysofgiving)

See the facebook post with all 12 days here: [go.illinois.edu/fb12daysofgiving](http://go.illinois.edu/fb12daysofgiving)

#12daysofgiving

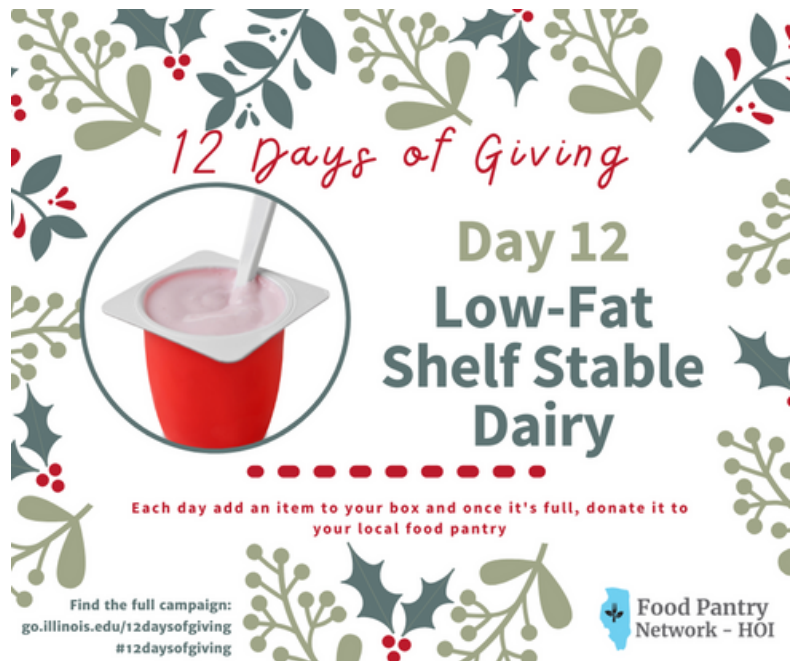
## Day 12

*Optional Post Language you could use:*

Day 12 – 12 Days of Giving

Today add **low-fat shelf stable dairy** to your box.

Add shelf-stable yogurt pouches or milk to your box today. Dairy is high in calcium which helps build strong bones. Dairy is also filled with protein to help make you feel full longer!



Create a delicious, drinkable breakfast with low-fat dairy through this EAT.MOVE.SAVE. recipe! <https://eat-move-save.extension.illinois.edu/eat/recipes/breakfast-smoothie>

See the full campaign here: [go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving)

See the facebook post with all 12 days here: [go.illinois.edu/fb12daysofgiving](https://go.illinois.edu/fb12daysofgiving)

#12daysofgiving

## Day 13

*Optional Post Language you could use:*

Day 13 – 12 Days of Giving

Today find your local food pantry and deliver your completed box.

Use the Find Food IL Community Map to find your local food pantry:  
[go.illinois.edu/FindFoodIL](https://go.illinois.edu/FindFoodIL).



Thank you for giving and helping gift our community nutritious food, needed hygiene products and warmth for the Holiday season!

See the full campaign here: [go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving)

Happy Holidays!

#12daysofgiving



# Tools

You can download all the following tools to help implement the 12 Days of Giving:

- Social Media Graphics & Post language (examples preceding)
- Fillable Flyer for Drop off Locations
- Church Bulletin/Announcement
- General Graphic for Website Use
- Example of Draft Press Release
- Small & Large Signs to identify drop off locations

Register for the full toolkit to receive access: [GO.ILLINOIS.EDU/12daysofgivingtoolkit](https://go.illinois.edu/12daysofgivingtoolkit)

### Flyer Example:



## 12 Days of Giving

Donate to our local food pantries this Holiday season!

### Shopping List

<input type="checkbox"/> Whole grain, low sugar cereal or oatmeal	<input type="checkbox"/> Spices - cinnamon, pepper, powders (garlic, onion, chili)
<input type="checkbox"/> Low sodium soups	<input type="checkbox"/> Warm weather attire - new hats, new gloves, handwarmers
<input type="checkbox"/> Hygiene items - deodorant, soap, shampoo, feminine hygiene	<input type="checkbox"/> Household supplies - laundry detergent, toilet paper, paper towels
<input type="checkbox"/> Low sodium canned veggies	<input type="checkbox"/> Kid friendly snacks - unsweetened applesauce, dried fruit, trail mix
<input type="checkbox"/> Canned fruits in 100% juice	<input type="checkbox"/> Low-fat shelf stable dairy
<input type="checkbox"/> Canned chicken or tuna, in water	
<input type="checkbox"/> Boxed potatoes or stuffing	

### How to Donate

<b>Location</b>	<b>Date &amp; Time</b>
<input type="text"/>	<input type="text"/>
<b>Other Details</b>	
<input type="text"/>	


Learn more about the campaign online: [go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving)



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**Food Pantry Network - HOI**



McCook County Health Department



Partnership for a Healthy Community  
healthyhoi.org

RC 11/22

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP, University of Illinois | United States Department of Agriculture | Local Extension Councils Cooperating, University of Illinois Extension provides equal opportunities in programs and employment. Illinois Extension: <https://go.illinois.edu/EatMoveSave>.

### **Bulletin/Announcement Example:**

#### ***12 Days of Giving – 2023 Toolkit***

If you are interested in helping share about this opportunity to give back with your church members. You could use the following announcement.

#### **Church Bulletin/Announcement**

*If pointing to any local pantry to donate to*

“Looking for ways to give back locally this holiday season? Consider donating a box of needed food and non-food items that families need to a local pantry. You can find a list of items that families need at [go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving), and find a pantry near you to donate to at [go.illinois.edu/FindFoodIL](https://go.illinois.edu/FindFoodIL).”

*If asking for donations to your own drive/organization*

“Looking for ways to give back locally this holiday season? Consider donating a box of needed food and non-food items that families need to [ORGANIZATION NAME]. You can find a list of items that families need at [go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving). [ADD DROP OFF DETAILS/CONTACT INFO AS NECESSARY]”

---

### **General Graphic:**



### **Draft Press Release Example:**

Release Date: MONTH DAY, YEAR

Source: NAME, EMAIL

Join YOUR ORGANIZATION NAME in giving back this holiday season through the 12 Days of Giving!

Favorite foods are an important part of the holiday season, often connected to comfort and memories. During this season of giving, you can make a positive impact on the life of our neighbors in need by donating items that warm and nourish families through YOUR ORGANIZATION NAME 12 Days of Giving campaign. This campaign will run the first 13 days in December.

#### **QUOTE/INFO ABOUT IMPACT THIS CAMPAIGN WILL HAVE ON YOUR ORGANIZATION/FAMILIES**

The campaign is planned with the goal of encouraging people to donate items that will support the health and well-being of families accessing our local food pantries, as well as providing education on the importance of healthy food donations. The food we eat plays a large role in health and impacts whether or not families are able to lead an active, healthy life. Communities with higher rates of food insecurity have been shown to have higher rates of diet related chronic diseases when compared to national rates. Chronic diseases such as diabetes & heart disease cause seven out of ten deaths in the U.S. We all have a role to play in getting food to our neighbors in need by suppling healthier food options this season to our food pantries. Education to encourage people to donate healthy food items to local food pantries will also be shared on social media.

#### **SECOND QUOTE/INFO ABOUT THE IMPORTANCE/IMPACT CAMPAIGN WILL HAVE ON YOUR ORGANIZATION/FAMILIES**

To particiapte, you can add each of the 12 daily items and deliver it to ORGANIZATION NAME at ORGANIZATION ADDRESS. Drop off of items will be on DATE from TIME.

#### **12 Days of Giving Campaign**

- Day 1: **Whole grain, low sugar cereal or oatmeal**
- Day 2: **Low sodium soups**
- Day 3: **Hygiene items – deodorant, soap, shampoo, feminine hygiene**
- Day 4: **Low sodium canned veggies**
- Day 5: **Canned fruits in 100% juice**
- Day 6: **Canned chicken or tuna, in water**
- Day 7: **Boxed potatoes or stuffing**
- Day 8: **Spices – cinnamon, pepper, powders (garlic, onion, chili)**
- Day 9: **Warm weather attire – new hats, new gloves, handwarmers**
- Day 10: **Household supplies – laundry detergent, toilet paper, paper towels**
- Day 11: **Kid friendly snacks – unsweetened applesauce, dried fruit, trail mix**
- Day 12: **Low-fat shelf-stable dairy**

Find the full list on Facebook at [go.illinois.edu/fb12daysofgiving](https://go.illinois.edu/fb12daysofgiving) or online at [go.illinois.edu/12daysofgiving](https://go.illinois.edu/12daysofgiving). Visit the Find Food IL Community Food Map at [go.illinois.edu/FindFoodIL](https://go.illinois.edu/FindFoodIL) to find details about food pantries near you.

The 12 Days of Giving campaign was developed by Food Pantry Network – Heart of Illinois (HOI), and our mission is to support, connect and provide resources to those working within the charitable food system. This network of community partners strives to help alleviate hunger and build a healthier community. If you are a pantry or food bank in Fulton, Mason, Peoria, Tazewell, and Woodford County - Illinois, please join us on our private Facebook group called [Food Pantry Network-HOI](#).

Please contact YOUR NAME, ORGANIZATION NAME POSITION, at EMAIL/PHONE for additional information.

**Small Sign Example:**





**Large Sign Example:**

**Drop off donations here!**

Find the full 12 Days here!



*12 Days of Giving*

[GO.ILLINOIS.EDU/12daysofgiving](http://GO.ILLINOIS.EDU/12daysofgiving)

 **Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

 **Food Pantry Network - HOI**

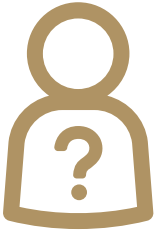
 **Pikeville County Health Department**

 **Partnership for a Healthy Community**  
healthylife.org

RC 11/22



# About Food Pantry Network - HOI



## WHO

Food Pantry Network - Heart of Illinois (HOI) was created in 2019 to bring those working in charitable food together. Serving primarily Fulton, Mason, Peoria, Tazewell and Woodford counties, we hope to connect pantries, volunteers and other interested community members/organizations with helpful resources for pantries.

Our mission is to support, connect and provide resources to those working within the charitable food system. This network of community partners strives to help alleviate hunger and build a healthier community.

## WHAT



## OBJECTIVES

- Align food resources within the charitable food system
- Connect organizations working in the charitable food system to resources and information
- Address needs, gaps and challenges in the charitable food system

## HOW



### Align Food Resources

Mobile pantries, Fresh Food Drives, Preferred Food Drives, Grow-a-Row, Sharing of excess food resources between entities

### Connect Organizations

Bi-monthly meetings, networking, private facebook group and google listserv

### Address Needs, Gaps & Challenges

One-time emergent deliveries to families, lists of local pantries, Find Food IL, Campaigns (Hunger Action Month, 12 Days of Giving, Holiday Food Guide), group problem solving, volunteer support to pantries



**Webpage**  
[extension.illinois.edu/  
 fmpt/foodpantry](http://extension.illinois.edu/fmpt/foodpantry)



**Year in Review**  
[go.illinois.edu/  
 fpn2020](http://go.illinois.edu/fpn2020)

**CHECK  
 US OUT**



**Food Pantry  
 Network - HOI**

CULTIVATING CONNECTIONS-ALLEVIATING HUNGER-IMPROVING HEALTH



# Questions?

Please feel free to reach out to one of our Food Pantry Network - HOI co-leads at the following:

## Rebecca Crumrine

University of Illinois Extension  
SNAP-Ed Program Coordinator  
1505 Valle Vista Blvd  
Pekin, IL 61554  
racrumri@illinois.edu or 309-347-6614.

## Shanita Wallace

Tazewell County Health Department  
Health Educator  
21306 IL-9  
Tremont, IL 61568  
swallace@tchd.net or 309-929-0308.



# References

1. Palakshappa, Deepak, Arvin Garg, Alon Peltz, Charlene A. Wong, Rushina Cholera, and Seth A. Berkowitz. "Food Insecurity Was Associated With Greater Family Health Care Expenditures In The US, 2016–17." *Health Affairs* 42, no 1 (January 2023) <https://doi.org/10.1377/hlthaff.2022.00414>
2. *Meal Gap Health Implications*. Feeding America, Map the Meal Gap. (2019) [https://www.feedingamerica.org/sites/default/files/2019-05/2017-map-the-meal-gap-health-implications\\_0.pdf](https://www.feedingamerica.org/sites/default/files/2019-05/2017-map-the-meal-gap-health-implications_0.pdf)
3. *Healthy Eating Research Nutrition Guidelines for the Charitable Food System*. Healthy Eating Research. (2021, December 1). Retrieved November 10, 2022, from <https://healthyeatingresearch.org/research/healthy-eating-research-nutrition-guidelines-for-the-charitable-food-system/>
4. *Partnership for a Healthy Community HEAL Survey*. Partnership for a Healthy Community - Home. (n.d.). Retrieved November 10, 2022, from [https://healthyhoi.org/resources/Documents/HEAL/Survey%20Summary%20Flyer\\_FINAL.pdf](https://healthyhoi.org/resources/Documents/HEAL/Survey%20Summary%20Flyer_FINAL.pdf)
5. *Recipes*. Recipes | Eat. Move. Save. | UIUC. (n.d.). Retrieved November 9, 2022, from <https://eat-move-save.extension.illinois.edu/eat/recipes>



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



RC 11/23

