Join the Competition

- Register online at LegalFoodFrenzy.com
- Contact Tracy Hansbrough - 757.596.7188 | thansbrough@hrfoodbank.org

Competition Categories

- Private Regional Firms: 1-99 employees
- Large Firms: 100+ employees
- Law Schools
- Government / Public Service Firms
- Corporate Legal Departments

Competition Awards

Regional Awards
- 1 Private Firm per food bank area

Statewide Awards
- Attorney General Cup (min. of 5-person office)
- 2 Large Firms
- 2 Government and Public Service Firms
- 2 Corporate Legal Departments
- 2 Law Schools

Awards are determined two ways:
- Regional Award - Total amount raised per capita
- Statewide Awards - Total amount raised per capita and total giving amount
- Attorney General Cup - Total amount raised per capita from Regional or Statewide Levels

Compute all points earned and divide that number by the total employees to provide a per capita figure. Categories are based on the number of employees, regardless of their position.

All winners will receive recognition during a June 2020 reception hosted by the Attorney General of Virginia.

Firms and organizations with multiple locations:
Offices located within another food bank’s service area will compete independently at the state level. For example, a firm’s office in Hampton will compete against their office in Richmond.
How to Compete
Collect Funds - 4 points per dollar received
Collect Food - 1 point per pound received
Volunteer Participation - 500 points per office

Bonus Point Opportunities
Early Registration - 100 points
Referral Bonus - 1,000 points
Hunger Action Month™ 2019 Photo - 100 points

Check-In
Food and funds can be dropped off or collected anytime between the competition dates of April 20 to May 1, 2020. All donations must be turned in by May 8, 2020 to be eligible.

Donations can be delivered to the Foodbank.
2401 Aluminum Ave. Hampton, VA
Monday - Friday, 8:00 AM - 4:00 PM

Collect Funds
Through our bulk purchasing capacity, food sourcing relationships, and food donations, every $10 donated provides approximately 40 meals to our neighbors struggling with food insecurity.

For the purpose of this competition, each dollar contributed will count as four points.

The official letter donation acknowledgment issued by the Foodbank can only be addressed to one donor. Therefore, the receipted amount to the company will not include the amounts credited to individual donors.

There are 3 ways to donate funds to the Virginia Peninsula Foodbank:
- Cash
- Check - Checks should be made payable to: Virginia Peninsula Foodbank.
- Donate Online - Everything is easier when you do it online, and the same is true for food drives! During the competition dates, share the link below for online donations. Make sure to let everyone know to pick your firm! [http://fbvp.convio.net/legalfoodfrenzy](http://fbvp.convio.net/legalfoodfrenzy)

Collect Food
Non-perishable food items will be weighed on site during the competition and the results will be tabulated in meals.

For the purpose of this competition, each pound contributed will count as 1 point.

Volunteering
Book your volunteer date by May 8th for anytime between March 1st and June 30th to receive an additional 500 points toward the competition. Every time you volunteer with Virginia Peninsula Foodbank, you know that you have helped put food on the table of our neighbors in need. Volunteers are critical in our efforts to provide healthy food to our community.

To schedule volunteer shifts, please contact:
Jessica Ponce, Volunteer Coordinator at [jponce@hrfoodbank.org](mailto:jponce@hrfoodbank.org) or 757.596.7188
**Referral Bonus**

‘New’ firms must have not competed in Legal Food Frenzy in 2019 and must recognize the ‘referring’ firm on its 2020 registration. The new firm must compete for the referring firm to receive bonus points.

*For the purpose of this competition, each successful referral will result in 1,000 bonus points.*

**Hunger Action Month™ Photo**

Hunger Action Month, which takes place each September, is a time when people all over America stand with the Feeding America nationwide network of food banks to fight hunger. We commemorate Hunger Action Month by spreading the word about hunger in our communities, volunteering, advocating, donating and helping raise awareness about hunger.

*Regional and statewide participants who submitted a photo of their office wearing orange during September 2019 will receive an additional 100 points.*

If you want to kick-start Legal Food Frenzy 2021, send a photo of your office wearing orange during Hunger Action Month 2020 to thansbrough@hrfoodbank.org.

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**Important Dates**

- **Registration Begins**: March 1
- **Early Registration Deadline**: March 31
- **Kick-Off Mixer at the Foodbank**: April 7, 4-6 PM
- **Legal Food Frenzy Competition**: April 20 - May 1
- **Donations Due**: May 8, 4:00 PM

*For information on registration or competition procedures, contact Tracy Hansbrough at thansbrough@hrfoodbank.org or 757.596.7188*

*For information on volunteer opportunities or shift scheduling, contact Jessica Ponce at jponce@hrfoodbank.org or 757.596.7188*
Shopping List

WHOLE GRAIN - LOW SODIUM - LOW SUGAR PRODUCTS PREFERRED

Breakfast
- Cereal
- Oatmeal
- Cream of Wheat
- Grits
- Pancake Mix

Canned Items
- Canned Fruits
- Canned Vegetables
- Soups & Stews
- Canned Pasta
- Pasta Sauce

Lean Canned Protein
- Peanut Butter
- Tuna
- Chicken
- Turkey
- Beans

Canned Items
- Canned Fruits
- Canned Vegetables
- Soups & Stews
- Canned Pasta
- Pasta Sauce

Boxed Items
- Whole Grain Pasta
- Boxed Meals
- Rice
- Instant Potatoes
- Mac & Cheese

Baby Products
- Formula
- Baby Foods
- Diapers
- Wipes

Personal Hygiene
- Diapers-Youth & Adult Sizes
- Toothbrush/Toothpaste
- Feminine Hygiene Items
- Shampoo
- Body Wash
- Deodorant
**Fundraising Ideas**

**Host a Happy Hour** – Host a happy hour at your office! Sell drinks and have the proceeds go towards the Foodbank while you have some after-hours fun and get to know your co-workers.

**Bidding Wars** – Start a bidding war for a range of opportunities – from getting the chance to throw a pie at a select member of your management team to scheduling your boss to do a task for you. Have some envelopes to stuff? Now you have help!

**Challenge Your Neighbors** – Have an office in another city? Challenge them to see who can give the most to their local charity. Know other teams in your building that are up for the challenge? Don’t hesitate, send them an email right away (and earn bonus points if they compete)!

**Match Your Gifts** – Double Your Impact! Check if your company matches employees’ charitable donations.

**Trivial Pursuit** – Create teams of three or four with an entry fee per team. Sell “Get Out of Jail” passes that teams can use when they don’t know the answer.

**Theme Fridays** – Select days when colleagues make a donation to “dress down”. Try the opposite... Formal Friday has been a crowd favorite.

**Bake Sale** – Don’t limit it to baked goods. Your teams have all kinds of cooking skills!

**Raffle / Silent Auction** – Raffle off parking spots, tickets to sporting events or concerts, bottles of wine, a weekend get-away...the options are endless!

**Piggy Back** – Add a collection to another planned event like a meeting, luncheon, or pancake breakfast.

**Donation Bag Distribution** – Distribute grocery bags or boxes to participants and ask them to bring them back with items from our shopping list.

**Themed Food Drives** – Designate days of the week for specific foods, i.e. Macaroni Monday, Tuna Tuesday, Wheaties Wednesday, and Baby Formula Friday.

**Let's Vote** – Whether it is choosing a theme for a year-end celebration or voting for the best holiday outfit, let your group share their opinion by donating food. Label a collection box for each option participants are able to vote for. Each food item places into the box equals 1 vote.

**Scavenger Hunt** – Create a scavenger hunt in order to collect the most needed items.

**Dog Days** – Contribute a donation to bring your furry friends to work.
**Fundraising Ideas**

**Feed it Forward** – Do you ever offer complimentary lunch? Would someone from your organization be willing to prepare and donate a lunch for everyone? Ask your supporters to donate the cost of the meal they get for free to the Foodbank.

**BINGO** – Make BINGO cards with some of our most needed items. See who can get BINGO first!

**Lottery for Loot** – Set either a donation amount met or number of cans brought in to earn a ticket and have a drawing. The winner wins a prize (gift card, movie tickets, etc.).

**Game / Movie Night** – Host a board game or movie night and ask for donations of food and funds for entry. Make it a full party by providing refreshments or having it potluck-style.

**Lose the Latte / Brown Bag It** – Skip that run to the coffee shop and buy a meal for a hungry neighbor. Ask participants to bring their lunch instead of eating out and donate what they would have spent to the drive.

**Mobile Concession Stand** – Need some caffeine or a snack around 3:00? Send a concession cart through the office to provide that mid-day boost and collect monetary donations.

**Daily Total Talk** – Display daily totals in high-traffic areas to keep people motivated.

**Friendly Competition** – Divide the office into different teams. The team that collects the most donations gets bragging rights until next year’s competition!

**Branded Merch Sale** – From custom t-shirts with your logo, to hats, coffee mugs, and water bottles, there are plenty of items you can sell! Selling merchandise during a fundraiser or volunteer engagement can help you raise extra money. Plus, a crowd of people all wearing the same shirts can drum up excitement about your fundraiser!

**50/50 Raffle** – The 50/50 raffle works like any other raffles – except the winner gets half of the funds you raise and the Foodbank gets the other half. Open the raffle up to families and friends.

**Envelope Fundraiser** – Have someone number the envelopes and post them on the bulletin board in a centralized location. Donors can simply choose the envelope that corresponds with the amount they want to give and place their donation inside the envelope.

**International Food Festival** – Global food culture is more popular than ever! Your international food festival can be potluck-style, where each participant volunteers to bring a home-cooked dish, or you can reach out to local restaurants and invite them to participate.