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**TOCO HILLS
COMMUNITY
ALLIANCE**

NEIGHBORS HELPING NEIGHBORS

Dear Supporter of Toco Hills Community Alliance,



Every wonder what kind of food we give, how, and why?

Even as this community continues to provide amazing support with financial gifts, food and supply drives, you all still may not be exactly sure what kind of food we give to our neighbors in need. Below, I will explain a little more about what goes into each box and why.

In this edition, also see below for a final update on our Virtual Hunger Walk Run. TL; DR or Reader's Digest version: we met our goal!

Also, I included a few other brief updates. And, if you read nothing else, read this, please: **THANK YOU** for your support! We could not serve the hundreds of families we serve each week without you.

Rev. Dr. Lisa Heilig, Executive Director

At Toco Hills Community Alliance, the groceries we distribute to our neighbors in need are all pre-packed in boxes to be given out. What goes in those boxes will vary, of course, based on what we have available. There are, though, a few guidelines we follow to determine what goes in each box.

Our regular boxes are intended to provide five to seven days of meals, and are packed with nutritional needs in mind, with a proper balance of fruits/vegetables, protein/dairy, and grains. Each box weighs a minimum of 40 pounds. Larger households are given additional food.

In addition to nutritional considerations, we also attempt to place items in that will go together to create whole meals. We also try to keep the items in the box seasonally appropriate.



Each week a list of items for the box is created based on all

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When it is time for distribution, the perishable items - frozen meat, fresh produce, baked goods, any dairy or eggs - are added to the box and placed on carts to be wheeled out. They are then placed on a table until it is time for them to be given out to families and placed in the trunks of cars.

Here is an example of a recent week's boxes:

- 2 cans Baked Beans
- 1 jar Peanut Butter
- 1 can Vegetable Soup
- 2 boxes Raisins
- 2 boxes Cereal Bars
- 2 boxes Macaroni and Cheese
- 1 can Chicken
- 1 box Crackers
- 1 bottle Fruit Juice
- Assorted Drinks
- Miscellaneous Item
- Toilet Paper
- 1 bag Fresh Oranges
- 4 pounds Fresh Produce
- 1 dozen Eggs
- 4 Frozen Meats
- 2 Loaves Bread
- 1 Dessert

And for our unhoused friends who do not have access to a kitchen, we do have some smaller boxes that contain only prepared foods, and easy to open, no or low cooking, items.

Each box would cost about \$80 to \$100 to purchase from a retail store, but because of our partnership with the Atlanta Community Food Bank and enabled partners like Trader Joe's, Whole Foods, Sprouts, Target, Lidl, and Kroger, it costs us

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And then, there are those little fun extras we love to give, like these beautiful flowers we got in this week.

Being able to share so much and such quality with our neighbors is truly beautiful and is only possible because of you and your support!

VIRTUAL HUNGER WALK RUN

March 7, 2021

The Virtual Hunger Walk Run was a success!

In fact, with all of the teams and participants who walked for and gave to us, we did indeed reach our goal of \$20,000. This will fund food purchases at the Atlanta Community Food Bank for the year.

And Team THCA was in the top 5 teams of the Food Bank agencies!

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thank you, Clairmont Presbyterian and Spiritual Living Center!

And huge thanks to all of the individuals who participated and raised funds for us. Every little bit helps, but we do want to say a special word of thanks to our top fundraiser, Shirley Lee.

We will look forward to next year and being able to walk together!

We are very pleased to have our new Volunteer Coordinator, Colleen Etheridge, working with us. She brings years of experience in non-profits, including direct experience in coordinating volunteers. She was looking for a part-time opportunity so she can return to school and this is a great fit!

She says, "I am looking forward getting to know all of the volunteers better along this journey. I truly love our mission and what we stand for, 'Neighbors Helping Neighbors.'"



Our seminary interns will be wrapping up at the end of the month and we will be in need of volunteers to fill in some gaps. Because we serve such vulnerable populations, we will be continuing to provide all services outside for the foreseeable future. If you can lift 50 pounds repeatedly, can withstand the heat, are available during weekdays, and want to volunteer, please contact Colleen at volunteer@toco hillsalliance.org



If you want to donate food or coordinate a food drive, the food we need most includes:

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- Shell Stable/Evaporated/Powdered Milk
- Cereal
- "Pop-top" Soups/Stews/Chilis/Pasta
- Canned fruits and vegetables

We also are in need of hygiene supplies, including:

- Diapers sizes 4,5,6
- Baby Wipes
- Shaving Cream (Men and Women)

We can also use cleaning/office supplies, such as:

- Packing tape
- Non-Latex Gloves (Medium and Large)

And we will always take clean used shopping bags, both plastic and cloth.



Someone is available to take donations at Toco Hills Community Alliance building on Monday through Friday from 9am until noon. Drive up under the white tent and our volunteers will retrieve the items from your car.

Give Now

Did you know Toco Hills Community Alliance has a Facebook page? Please "like" us at the link below so you can follow our activities.
[Toco Hills Community Alliance Facebook Page](#)

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