

**BGSU.**

DIVISION OF STUDENT AFFAIRS

Office of the  
Dean of Students

**BOWLING GREEN STATE UNIVERSITY**

## **Grab-N-Go Program Information**

What you need to know about the program and how to get involved!

# Introduction

First, we just want to say a big thank you for your interest in organizing and hosting a food drive to benefit the Grab-N-Go Food Program and Bowling Green State University (BGSU) students. Through your event, you're helping to address food insecurity in our community. Please take a few minutes to look through this handbook. Inside you will find planning tips, a list of foods that our program collects, and other tips to make your food drive a success.

Thanks again for your commitment and dedication to helping fellow BGSU students. We hope that you remember the positive impact you are making on the BGSU community when you are participating in a food drive.

# What is Grab-N-Go?

The Grab-N-Go program was founded by the Office of the Dean of Students as there is an apparent need for students facing food insecurity.

Grab-N-Go bags are just that: tote bags filled with non-perishable food items that can last a student anywhere from 3-5 days. Inside the bags are a variety of items such as cereal, oatmeal, crackers, soup, canned fruits and vegetables, pasta, popcorn, peanut butter, granola bars, and toiletry items upon request.

The Grab-N-Go program is ***not a food pantry***. Students are typically given a Grab-N-Go bag after meeting with a staff member in the Office of the Dean of Students to discuss specific needs. The goal of our program is to provide students with short-term assistance and access to longer-term resources to be successful during their time at BGSU. Our supply of food (and space) is not quite large enough to sponsor for a large-scale food pantry. This is where you come in!

# Where Do I Start?

## An easy checklist for your food drive

- ✓ Review this handbook
- ✓ Determine a liaison between your team and the Office of the Dean of Students (ODOS)
- ✓ Have the liaison stay in contact with a staff member from ODOS
- ✓ Get boxes or bins to collect food in your space
- ✓ Spread the word! Advertise on social media, put flyers up, send emails out, etc.
- ✓ Collect food items from the list below
- ✓ Schedule a drop-off or pick up time with the ODOS

## Social Media Suggestions

In order to have the most engagement with your food drive, it is best advertise that your event is happening. A way to engage the BGSU community is to post on a social media account and/or email announcements out. Here's some ideas to help with engagement:

- Create an event hashtag! Doing this will allow others to post on their own pages and use the hashtag.

*For example: #ConklinHallFoodDrive*

- Do an event countdown. Posting things like “5 days left to donate!” Or other similar verbiage will remind participants of the drive.
- Use this suggested caption:

Join [insert department/hosting site name here] for a food drive benefitting the Grab-N-Go program in the Office of the Dean of Students. We’re collecting food items from [insert dates]. Scroll through the post to see which food items are best to donate!

#### Food items that are needed:

- Beans (black beans, cannellini beans, kidney beans, chickpeas, lentils, etc.)
- Bisquick
- Cereal
- Canned chicken
- Canned/prepackaged fruit (apple sauce, dried fruit, peaches, pears, pineapple, oranges, etc.)
- Canned vegetables (carrots, corn, green beans, mushrooms, peas, spinach, etc.)
- Crackers
- Granola bars
- Instant rice (brown, long-grain, white)
- Individual nut or trail mix packages
- Microwaveable popcorn
- Nut butter (almond, cashew, peanut, sunflower butter, etc.)
- Pasta noodles
- Pasta sauce
- Oatmeal

\*Gluten free items (pasta noodles, pasta sauce, crackers, granola bars, soup)

Thanks again for your willingness and commitment to serving the students of BGSU. If you have any questions or concerns, please reach out to the Office of the Dean of Students at 419-372-2843.