



## The Weight of Hunger Challenge: Rules

Be the campus organization or department that adds the most weight to the food bank.

**When does the Contest start and end?** Tuesday, October 4<sup>th</sup> – Wed., November 2<sup>nd</sup>.

Participating offices, departments and organizations should bring collected food and donations to the **Tribble Courtyard** on November 2<sup>nd</sup> between 11am and 4pm.

### What counts as weight?

- All collected food will be weighed on November 2<sup>nd</sup> between 11am and 4pm.
- Each \$1.00 donated counts as 5 lbs toward your organization.
- Each \$10 shirt\* receipt counts as 50 lbs toward your organization.

\*We are printing shirts for organizations to sell for \$10.00, with 100% of the proceeds going to the Food bank.

### What are some ways to collect food/money?

- Events where the entry fee (or a %) goes toward the Challenge for your org.
- Buy the t-shirts in bulk and sell them to others (classes, home town, etc.)
- Sign up for a neighborhood to canvas for food (must be approved first)
- Almost anything else that is safe and legal.

### Recognized (acceptable) food items:

Canned: tuna, ham, chicken, beef stew, chili, peanut butter, canned/dried beans

*Fruits and Vegetables* – 100% fruit juice, canned fruits and vegetables, instant potatoes, fruit preserves

*Complete Meals* – pasta and sauce, boxed meals, hearty vegetable soups

*Grains* – cereal, rice

### Most Requested Items for Kids Café & Backpack:

Apple Sauce/Fruit Cups	100% Juice
Pasta Sauce	Easy Macaroni Meals
Pork 'N Beans	Peanut Butter/Jelly
Ravioli, Beef (Pop Top Lids)	Canned Spaghetti-O
Canned Tuna & Chicken (Kits)	Granola Bars/Nutri-Grains

*No glass containers, perishable items or home canned foods, please!*

### What do the winners receive?

In addition to the satisfaction of knowing that relief was provided to several local families in need, the winners from each tier will be recognized at a trophy ceremony at half court during halftime of the first **CNU Men's Basketball Game on November 8th!**

**More questions?** Contact Brad Brewer at [brad.brewer@cnu.edu](mailto:brad.brewer@cnu.edu) or 757-594-7233 or visit [engage.cnu.edu](http://engage.cnu.edu)

