

# STUFH

# CKI

Circle K International

Circle K International's partnership with Students Team Up to Fight Hunger

December 2008

## What is this "STUFH"?

STUFH—Students Team Up to Fight Hunger—puts food in the mouths of those who need it most. Its benefits, though, are shared by many others. By recruiting students to work together, STUFH builds a sense of camaraderie within the college. Providing an up-close look at those less fortunate within their community helps students better understand the need to help. And linking students to their local food banks creates a sense of community that might otherwise be overlooked during their years at college.

The benefits of STUFH are also felt by the community. Members of the community get to know the college students in their town, and they can help address a pervasive problem that faces each and every community. STUFH is a win-win program for everyone involved.

STUFH raises awareness among students to the needs of the hungry in their communities and encourages them to collect food to help fight this pandemic. As members of Circle K International, our partnerships help to enhance both our own service organization and those with which we are partnered, as we are all aimed at a mutual goal – serving those in need. We encourage you and your club to get involved with STUFH and the other organizations with which Circle K International is partnered!

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If you can't feed a hundred people, then just feed one.

- *Mother Theresa*

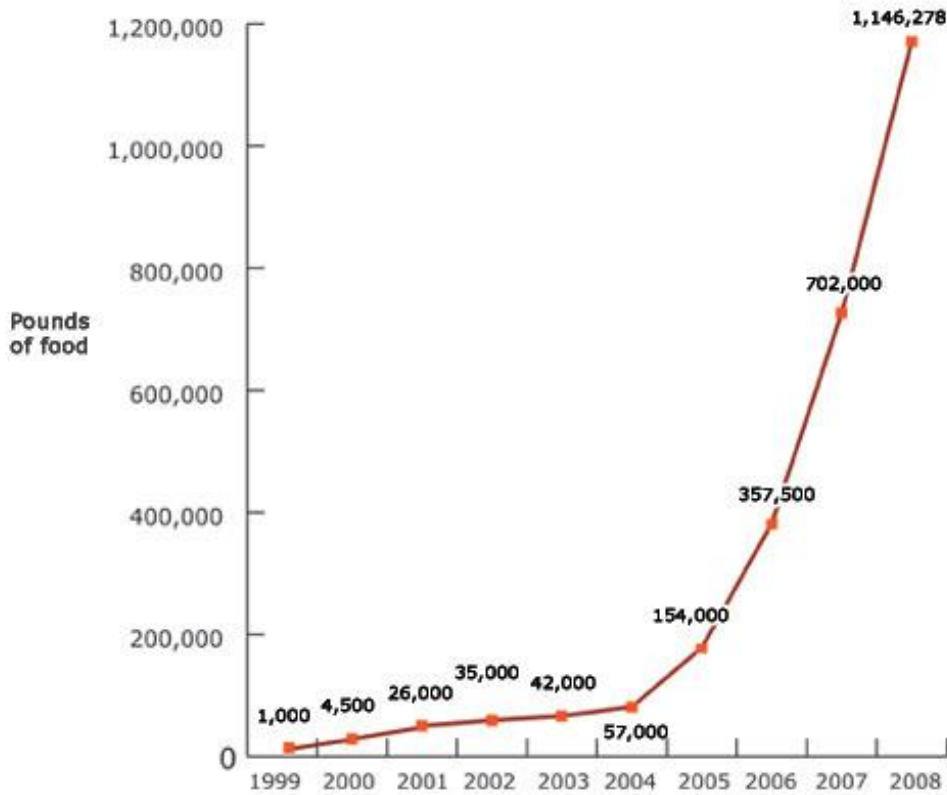


# Yearly Results

LEADERSHIP

FELLOWSHIP

SERVICE



For a breakdown on how much food has been donated by each college per year, check out <http://www.stufh.org/results.html>.

"We went from 1,100 pounds to 8,800 pounds of foodstuffs in the first two years of STUFH. It gives the students a great feeling to be able to help the needy in their college town."

- Wendy Primavera, CHOW Food Bank, New York



# Hunger Statistics:



**Feeding the  
Community**

**923 million people across the world are hungry.**

— *Food and Agriculture Organization, September 2008*

**4% of U.S. households experience hunger. Some people in these households frequently skip meals or eat too little, often going without food for entire days. Approximately 11.1 million people, including 430,000 children, live in these homes.**

— *USDA Economic Research Service, November 2006*

**In 2000, 13 million children lived in households that did not have an adequate supply of food, and almost 3 million of these children lived in households that experienced hunger.**

— *U.S. Dept. of Agriculture, March 2002*

**Between 2000 and 2001, requests for emergency food assistance increased by an average of 23% in American cities, with 54% of requests coming from families with children.**

— *U.S. Conference of Mayors, December 2001*

**More than 23 million low-income people received emergency food assistance through the America's Second Harvest Food Network in 2001, including 9 million children (39% of all recipients and 1 in 10 children in America).**

— *America's Second Harvest, November 2001*

**33 million Americans continue to live in households that did not have an adequate supply of food. Nearly one-third of these households contain adults or children who went hungry at some point in 2000.**

— *U.S. Dept. of Agriculture, March 2002*

**Recent research indicates that even mild malnutrition experienced by young children during critical periods of growth may lead to reductions in physical growth and impaired brain function.**

— *Center on Hunger and Poverty, Brandeis University, 1998*

# Bring STUFH to your campus!

Two easy steps to establish a STUFH Chapter at your campus:

1. **Register the chapter:** To comply with the regulations of your university, you most likely need to register your chapter. You should check with your student activities office or dean of student activities and follow the procedures they provide. Once registered, many colleges and universities have a one-day event during orientation when registered organizations recruit members.

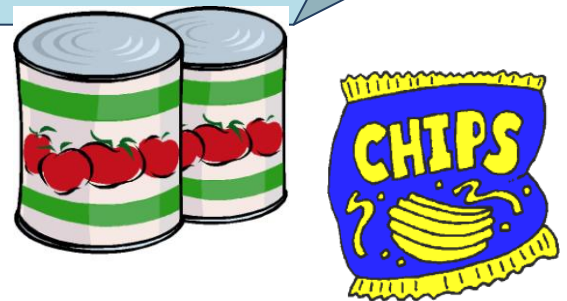
2. **Contact your area food bank:** Your area food bank welcomes your support and will be glad to take steps to assist your efforts to establish a STUFH chapter. The food bank is the organization you will be working with once you have established the chapter, so you will want to call them and keep them updated on your progress. If you need help locating your area food bank, view the map of participants (<http://www.stufh.org/participants.html>) for those who have been involved with the program in the past.

The purpose of chapter is to join the fight against hunger, raise food for the needy in your local community, and increase hunger awareness among your fellow students. The services your chapter could provide include organizing conventional food drives at your campus or in your area; hosting competitions or "food fights" between sports teams, fraternities and sororities, or with other colleges to see who can raise the most food; and volunteering at your local food bank or food pantry.

## How can I Help STUFH?

There are a number of ways. At the end of the semester when students are leaving their dormitories and apartments, for example, many will discard unopened nonperishable foodstuffs. Instead of letting this happen, encourage students to donate these unwanted items. STUFH can provide food bins to collect them.

STUFH also works closely with students to locate nearby food pantries. Hold a food drive at your school and set up drop-off stations in various buildings across your campus. Maximize involvement by making this a competition. Put dormitories or clubs to the challenge of collecting the most food, and offer a prize for the group that brings in the most food.



### Contact Information:

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"Although the pounds provided by STUFH are important, the real benefit lies in the partnerships we're building. STUFH gets college students and faculty members actively involved in finding a solution to the growing problem of hunger...We've had student teams take a lead in securing funds, volunteerism, and raising awareness to the problem of hunger in our society. We're happy to be involved with STUFH. Thank you for your dedication!"

- Jeanna Kindle, LA Food Bank

