



Top Lessons  
from 20+ Years  
of Food Rescue



# Hello!

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# Hello!

I'm Emily Meister

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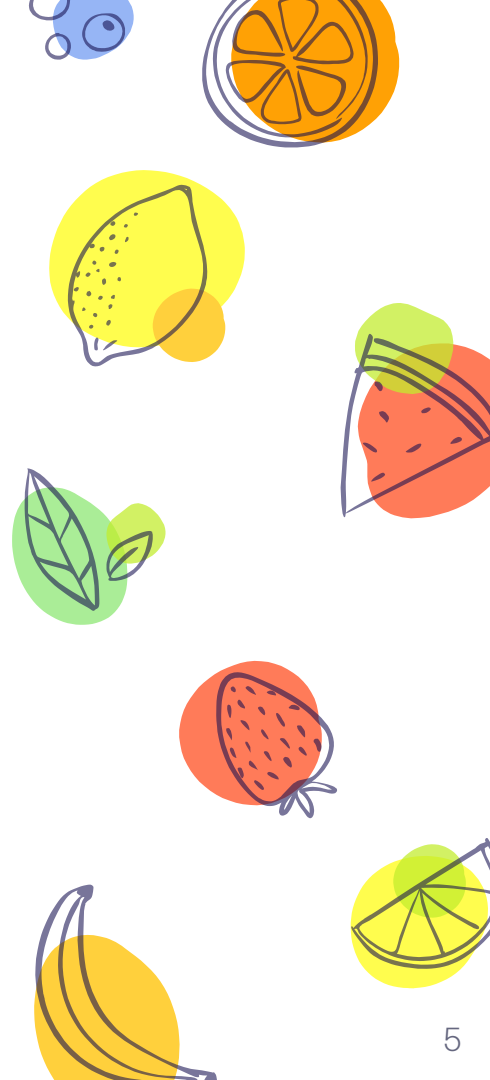




Wasted food is a  
wasted opportunity

# What we've learned

1. Just pick up the first pound
2. Establish route-based rescue
3. Build relationships
4. Utilize volunteers
5. Prepare to grow



I.  
Pick Up the First  
Pound

Small starts lead to big outcomes





# A Simple Idea

How watching CSPAN over lunch hour  
fed thousands of hungry people.

# Getting Started

1

## Establish partnerships

You can't do this alone! Find recipient agencies first, then volunteers to do the work, donors will follow.

2

## Plan for food safety

It would be better to let the food go to waste than to make already vulnerable people sick.

3

## Prioritize Consistency

Reliability is the key to good partnerships, food safety, and consistent distribution.



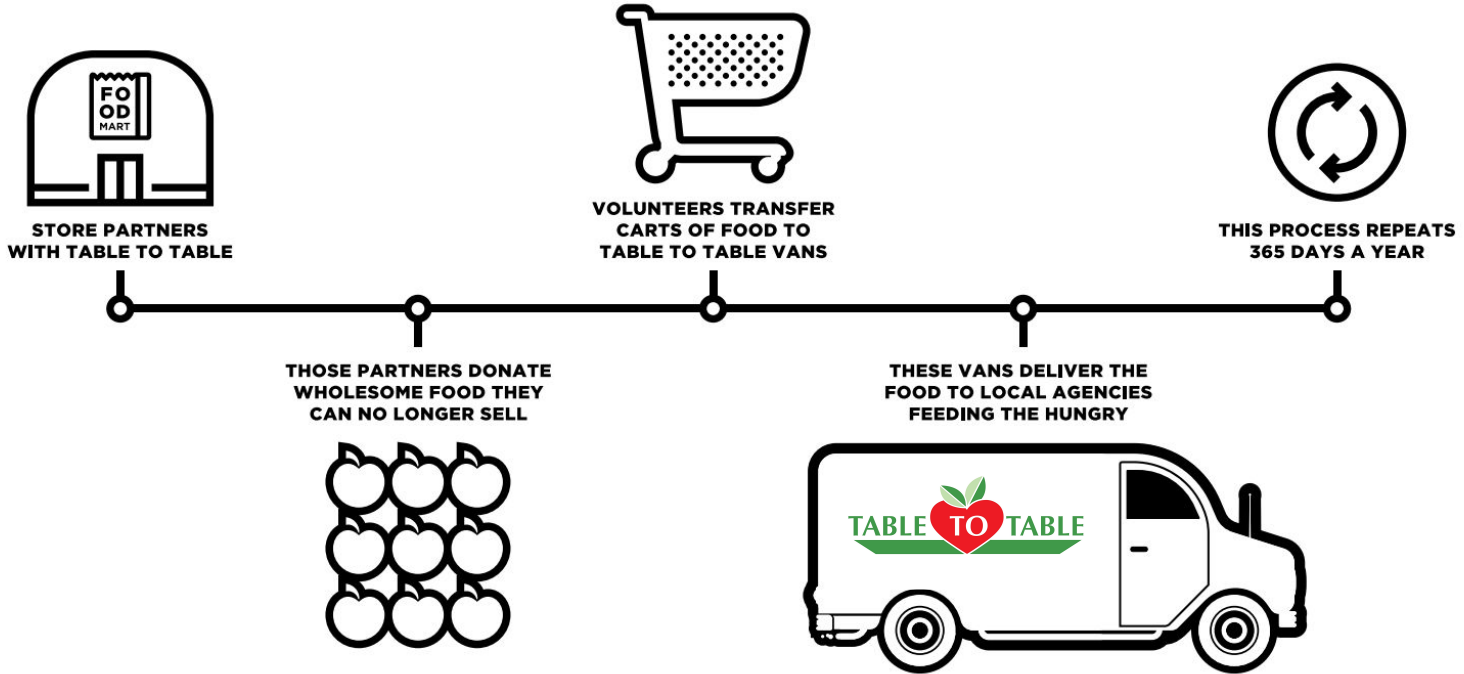
2.

# Route Based Rescue

Moving beyond 1 to 1 distribution

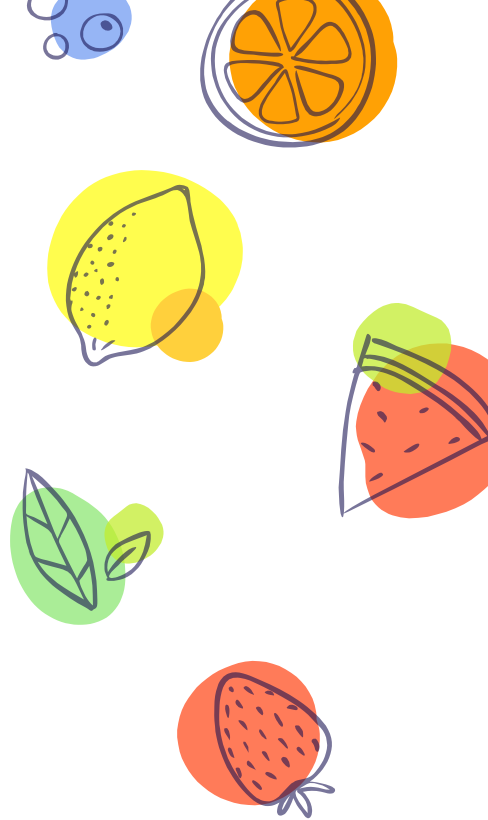


# What is a "route"?



# Why Routes?

- ★ Reduces waste
- ★ Better meets recipient needs
- ★ Establishes consistency
- ★ Increases donations



# Food Pantry at Iowa Case Study (Recipient Improvements)

	<b>Weekly Average</b> Number of Pounds
Pre-route	268
Post-route	1236

+600%

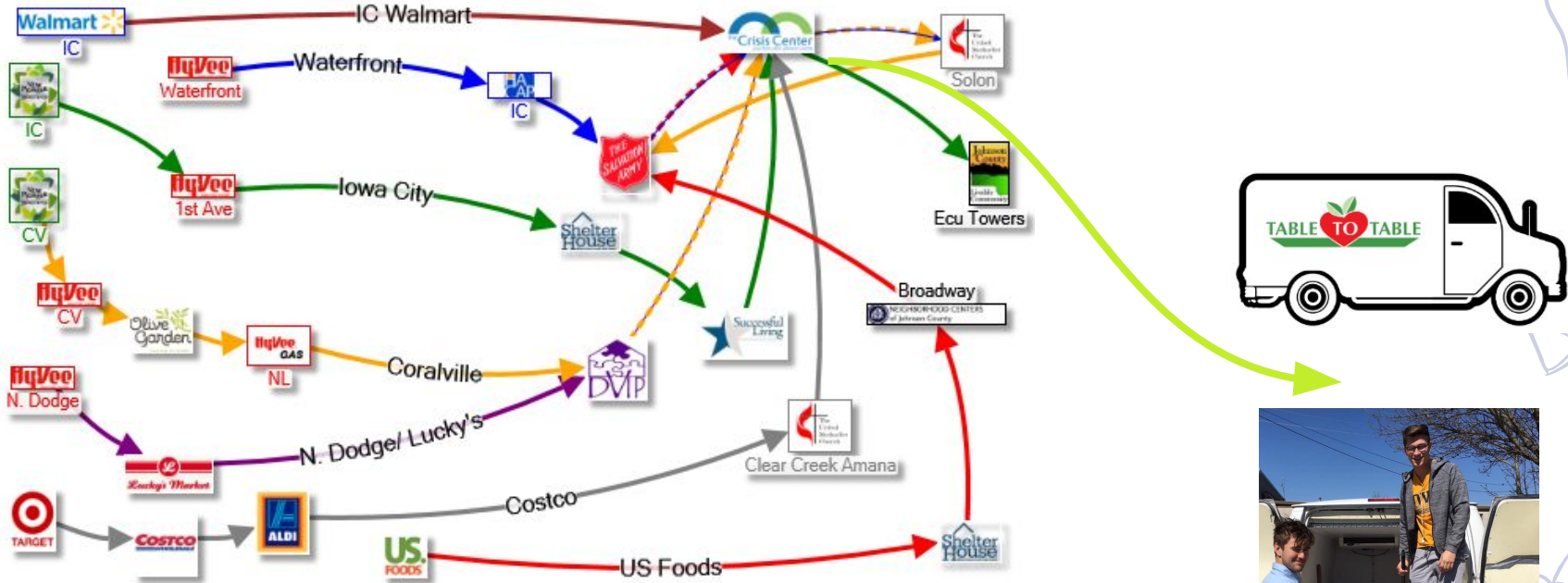
# Kalona Dairy Case Study

## (Increased Donations)

	<b>Weekly Average</b> Number of Pounds	<b>Annual Average</b> Number of Pounds
Pre-route		
Post-route	723	37,500



# Save the largest recipient for last



The truck comes back empty and this simplifies logistics



# Assess and Communicate

- ★ Old fashioned face-to-face is best!
- ★ Bi-monthly recipient meetings



3.

# No Relationships, No Rescue

Relationship building in the world of  
food rescue







Success breeds success.  
Once a relationship develops  
between food donors and food  
recipients, a bridge has been built.

We're on our way!

-Frank Lalor, founder



Collaboration is key!

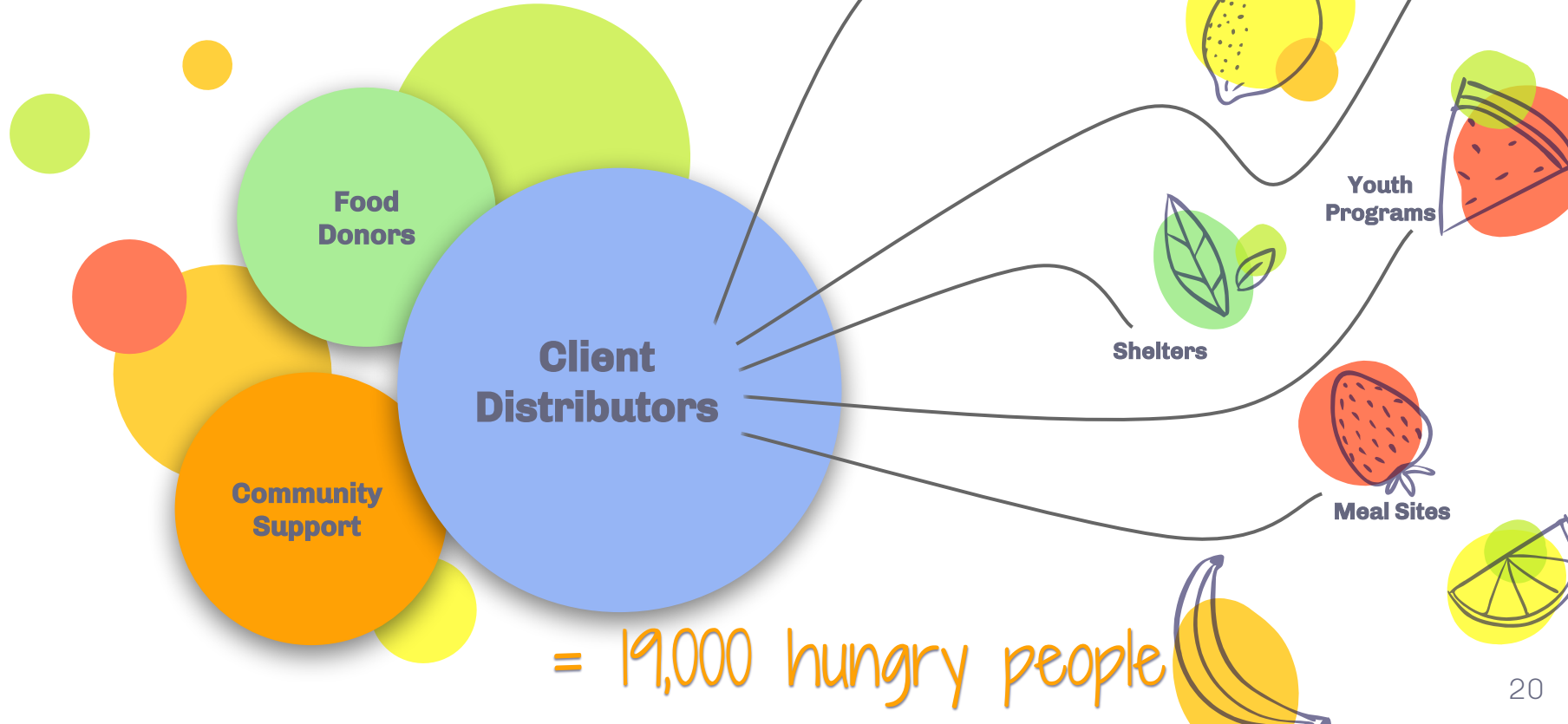


# Communicate to donor motivations



- The “give-back”
- The bottom-line
- Beware the de-motivator

Share the road, know your lane



= 19,000 hungry people

# Good relationships build more support

**Food Donors**

**Client Distributors**

**Community Support**

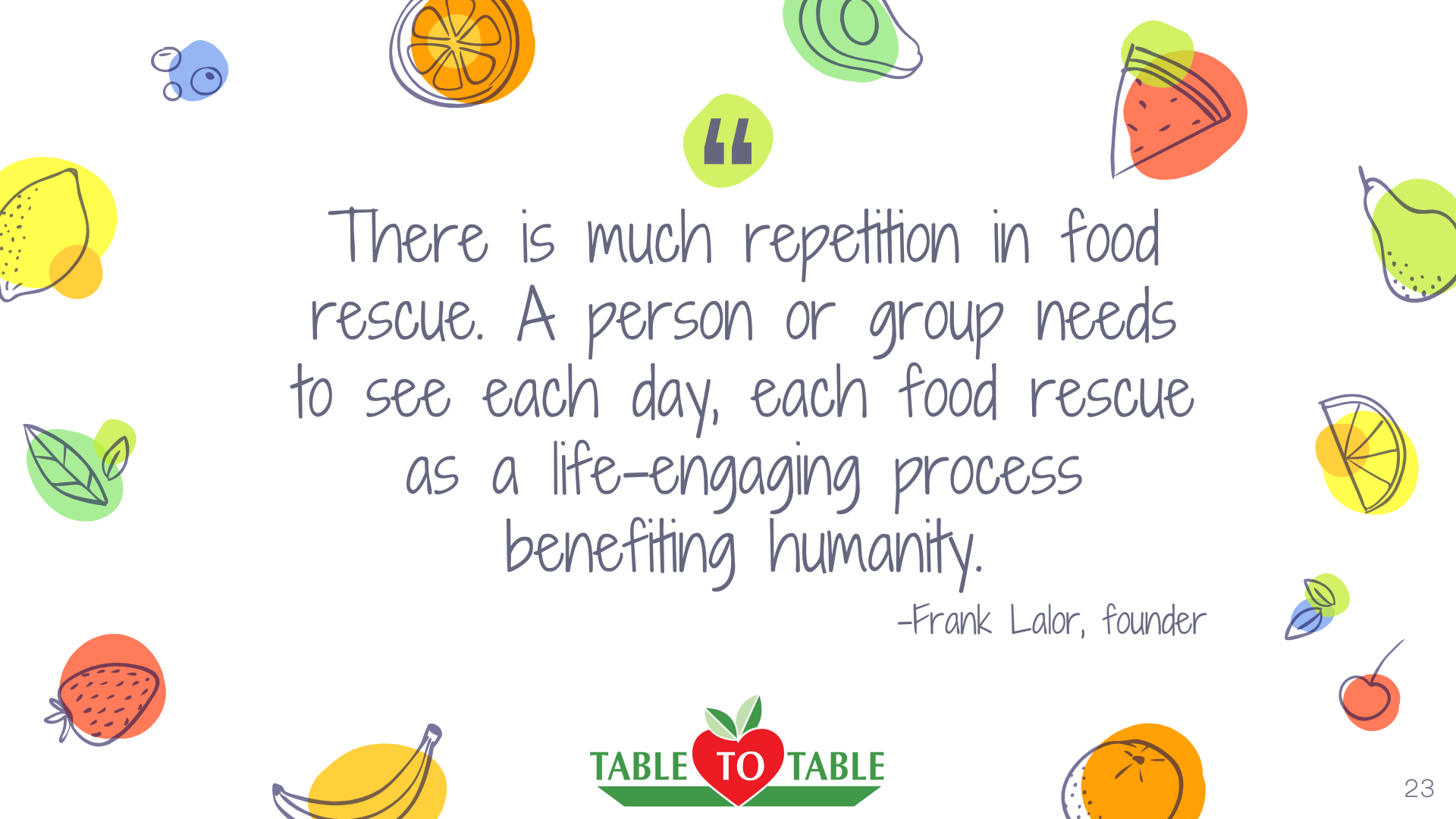


4.

# Volunteers

Successes, Challenges, and Remedies



The page is decorated with various colorful illustrations of fruits and vegetables. At the top left, there are blueberries. Next to them is a slice of orange. To the right is a green vegetable, possibly a cucumber. Further right is a slice of watermelon. On the far right edge, there is a green pear. Below the watermelon is a slice of yellow lemon. On the left side, there is a yellow lemon. Below the lemon is a green leaf. At the bottom left, there is a strawberry. In the center bottom, there is a banana. At the bottom right, there is a cherry and a whole orange. In the center of the page, above the text, is a green circle containing two black quotation marks.

There is much repetition in food rescue. A person or group needs to see each day, each food rescue as a life-engaging process benefiting humanity.

-Frank Lalor, founder

# Volunteer Values

We as volunteers of Table to Table are food rescue ambassadors. Volunteers will endeavor to be compassionate and responsible with donor and recipient agencies alike. Volunteers are empowered to make good decisions concerning health and welfare of volunteer, equipment, and distribution of collected donations. The ideas and motivation of Table to Table volunteers are its greatest assets."





# Get out of the recruitment rut

- ★ Sell your volunteer opportunities
- ★ Target volunteer ability & availability

5.

# Growing Pains



# Grow into regulation

- ★ Ease donor concerns
- ★ Protect vulnerable populations



# More documentation



=



more opportunities for  
volunteer involvement

=



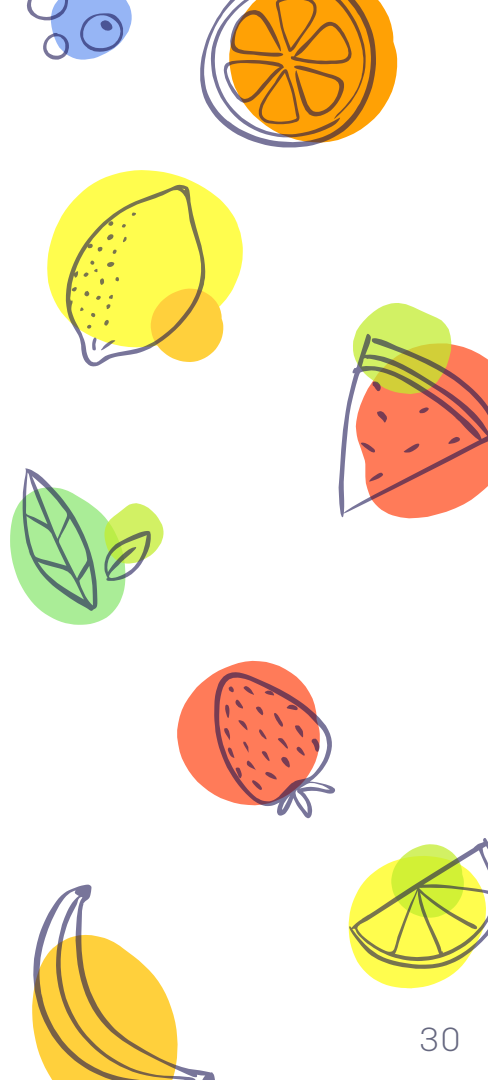
more staff time  
to increase capacity

=

less food waste and more people fed!

# Expand volunteer positions

- ★ Define all possible volunteer roles
- ★ Deepen your pool with a broad-minded view
- ★ Target professional skills





12 community leaders  
with a simple idea

6 volunteers  
in their own vehicles

55,000 pounds  
of food for hungry neighbors in year one





4 staff

managing operations

240 volunteers

in food rescue wagons

2.2 million pounds

of food for hungry neighbors this year



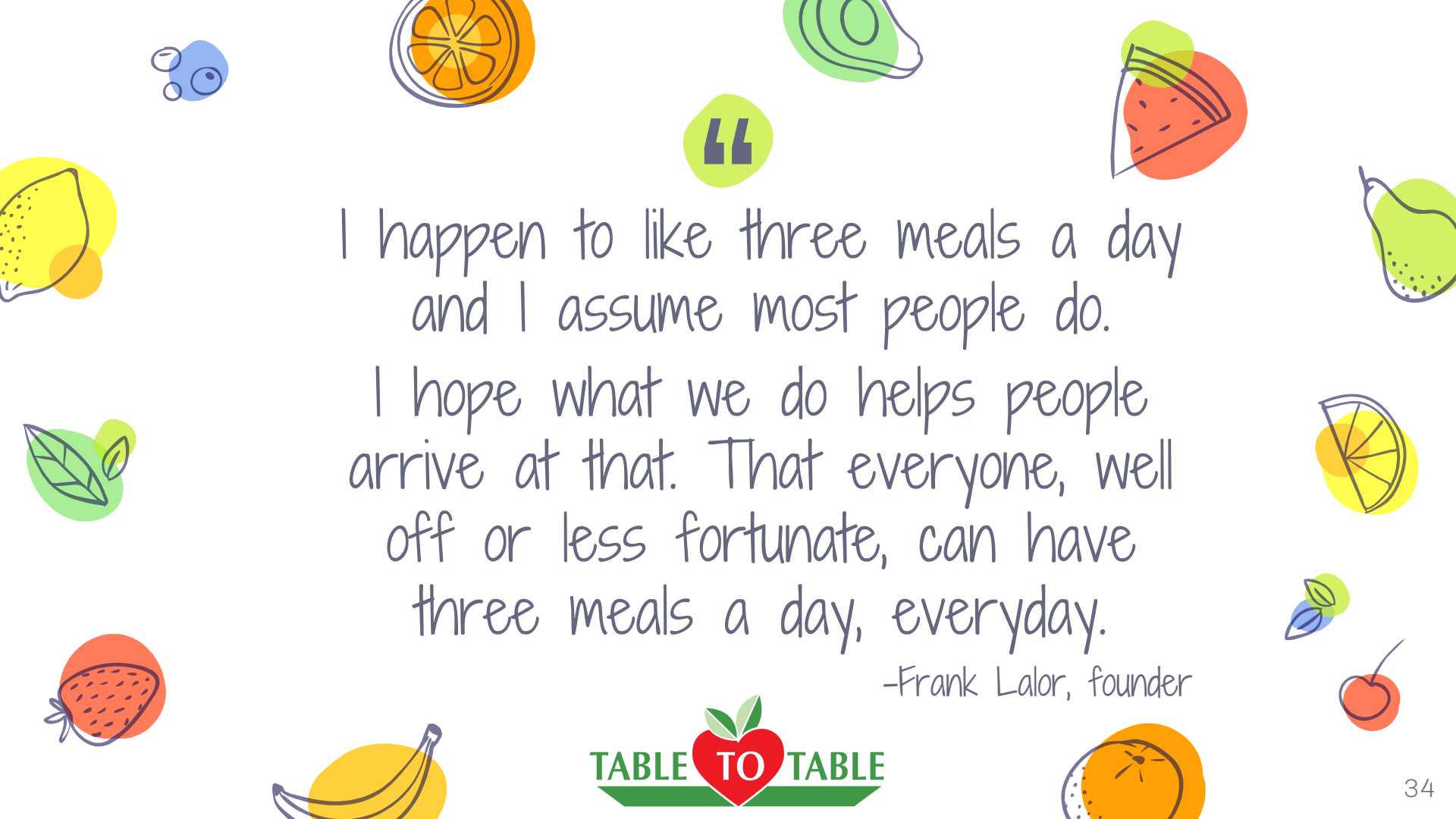




18,000,000

pounds of food rescued since 1996





I happen to like three meals a day  
and I assume most people do.

I hope what we do helps people  
arrive at that. That everyone, well  
off or less fortunate, can have  
three meals a day, everyday.

-Frank Lalor, founder





# Thanks!

Have Questions? Need Resources?

You can find us at:

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