



Hosting Kidney-Friendly Food Drives

Partnering With Your Community for Success



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Introduction

Welcome. Thanks for your interest in hosting a kidney-friendly food drive.

The COVID-19 pandemic demonstrated how complex managing the nation's health can be. The challenges extended well beyond the virus's immediate effects on health. The pandemic impacted many people's employment, insurance benefits, income, methods for socializing, and overall way of life. The ripple effect from the pandemic's consequences created unexpected challenges, including those affecting nutrition and well-being.

Food insecurity¹ in the United States has risen during the pandemic. Food banks across the country are serving 55 percent more people now than before the pandemic.²

When food insecurity touches the lives of people with chronic illnesses, such as chronic kidney disease (CKD) it can be even more devastating. People who are at high risk for CKD, or who may already

have CKD, including end stage renal disease (ESRD), are told to follow a specific diet by their healthcare providers. Following this diet, however, may be difficult if it is challenging to obtain the proper food.³ More information about CKD and ESRD is in the [Information about Kidney Disease](#) and [Kidney-Friendly Diet Basics](#) sections of this toolkit. Hosting a food drive to gather kidney-friendly foods is a one action to support those with kidney disease in your community. Another action is to help educate about kidney disease and create awareness.

"We started our food drive efforts when the pandemic started," said Janice Starling, President and Founder of All Kidney Patients Support Group in St. Petersburg, Florida. "We worked with a food pantry in our community. A lot of the food they provided wasn't kidney-friendly. We taught them about the kidney diet and worked with them to provide food boxes that were better for the kidney diet."

¹ Food insecurity is the lack of resources to access enough nutritionally adequate food for all household members. Resources could refer to financial, environmental conditions, or situations of isolation. Food insecurity impacts all communities in the United States. To learn how your community is impacted, view [Map the Meal Gap](#) from Feeding America. To view the projected impact from COVID-19 on food insecurity, view [State-by-State Resource: The Impact of Coronavirus on Food Insecurity](#) from Feeding America.

² Feeding America. The food bank response to COVID, by the numbers. March 12, 2021. Available at <https://www.feedingamerica.org/hunger-blog/food-bank-response-covid-numbers>. Accessed on March 22, 2021.

³ Kidney News Online. Chronic Kidney Disease and Access to Healthful Foods. Online link removed by publisher.



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Using This Toolkit

In this toolkit are resources and suggestions to organize, promote, and run a kidney-friendly food drive. So, who can use this toolkit?

- Individuals who want to make a difference in the lives of local kidney patients
- Dialysis facilities or transplant programs that want to use their talents to support local patients and educate the community
- Kidney-related organizations (such as support groups or professional groups) that want to expand their impact in the community
- Non-kidney related organizations that see there is a need to help local kidney patients
- Existing food pantries or hunger relief groups that need support in meeting the needs of kidney patients who use their services

Included are ideas and facts to use when talking with others about the impact of kidney disease on families and the community, especially at the intersection of chronic illness and food insecurity. As a hands-on service project, it is especially fulfilling because it can positively impact the community. For those who are already involved in the community, it can bring special attention to people with kidney disease who may not be receiving the support they need. However this is used, it will help to increase awareness of food insecurity, develop useful knowledge of the kidney-friendly diet, and encourage others to get involved.

Create a kidney-friendly food drive, educate others, and develop a long-term plan for continuing the momentum for offering kidney-friendly food resources for your community.

Online Resources

The ESRD National Coordinating Center (NCC) created this toolkit as part of its work to improve the quality of life and quality of care for those with ESRD. The ESRD NCC serves as the central hub for the ESRD quality improvement efforts across the country, creating resources and programs to help patients, providers, and professionals. It works under a Centers for Medicare & Medicaid Services (CMS) contract with dialysis providers, transplants programs, professionals, and kidney-related organizations, always with a special focus on the patient and family member voice. Many of the resources were developed by patients, for patients.

- Visit <https://www.esrdncc.org/en/patients/> for additional resources (such as webinars, handouts, and checklists) about living with kidney disease.
- Use the KidneyHub.org, (www.thekidneyhub.org) a mobile friendly tool with links to helpful resources, including a diet and nutrition section.



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Information About Kidney Disease

About 37 million adults in the United States are estimated to have CKD and most are undiagnosed. Yet, not everyone is familiar with kidney disease, its causes, or its different treatments. In this section, we offer a few facts you can share with others when talking about the impact of kidney disease.

What Is CKD?

CKD, also called chronic kidney failure, is a condition where the kidneys are damaged and cannot filter wastes and remove excess fluid from blood. When CKD reaches an advanced stage, it is called ESRD. This means it is the end of the kidneys' ability to sustain life without medical intervention. At this time, dangerous levels of fluid, electrolytes, and wastes can build up in the body. Treatment options include kidney transplant or dialysis. Dialysis is an ongoing (i.e., daily or every other day) medical treatment that removes the excess waste and fluid. It takes the place of the jobs the kidneys do.

Facts About Kidney Disease⁴

- Approximately 1 of 3 adults with diabetes and 1 of 5 adults with high blood pressure may have CKD.
- Kidney diseases are the **ninth leading cause of death** in the United States.
- Every 24 hours, 350 people begin dialysis treatment for kidney failure.
- In the United States, diabetes and high blood pressure are the leading causes of kidney failure, representing about 3 out of 4 new cases.

⁴ Centers for Disease Control and Prevention. Kidney Disease. Available at <https://www.cdc.gov/kidneydisease/index.html>. Accessed on May 4, 2021.

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Kidney-Friendly Diet Basics

Let's start by going over some basics about kidney-friendly diets, sometimes called the renal diet, or dialysis diet. To be able to communicate the importance of a kidney-friendly food drive it is important to know some details.

1. Kidney-friendly diets are considered a prescription, or medical nutrition therapy. This means this is not like a diet to lose weight, but a diet that is necessary for the good health of the person.
2. Kidney diets can seem very restrictive. It is important that individuals follow their diet prescription to make the most of what they can eat and only limit what is required.
3. Some people who need kidney-friendly diets may also need to follow other guidelines, such as those for diabetes or high blood pressure (i.e., hypertension).

Specifically, most people with ESRD and some people with CKD need to monitor their intake of the following:

Potassium	Sodium	Phosphorus	Protein
			
<p>Too much potassium causes irregular muscle function, including that of the heart. Eating too much potassium can cause sudden heart problems.</p>	<p>Eating foods high in sodium, or salt, causes the body to hold onto water. This can cause high blood pressure and increase the risk for stroke or other cardiac problems.</p>	<p>Phosphorus is a common element in many foods. Long-term high phosphorus levels can damage the heart, bones, and blood vessels.</p>	<p>Some people with CKD are asked to limit their protein intake. While most on dialysis are asked to eat a higher amount of protein.</p>
<p>Many fruits and vegetables have potassium—tomatoes, potatoes, sweet potatoes, bananas, oranges, dried fruit, such as prunes, raisins, and dates.</p>	<p>Highly processed foods have sodium—like canned soup and vegetables, flavored rice and pasta meals, gravies, and soy sauce.</p>	<p>Phosphate additives are present in many foods, especially processed foods. Milk and dairy products, such as cheese, and dark cola beverages.</p>	<p>Fresh meats, canned tuna, beans, poultry, fish, eggs are all protein sources. Processed meats, like lunchmeat and hot dogs are high in protein but also high in sodium.</p>



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Educating About Kidney-Friendly-Diets

Now that you know the basics, it is time to make it personal. This is an opportunity to make the kidney connection. When you meet with your local food pantry, share information about kidney disease and the kidney-friendly diet. If it is appropriate, talk about what it is like to live with kidney disease.

Here are some tips for how to share information and facts.

Suggestions for Personally Sharing About Kidney Disease

Are you living with kidney disease?

Share your experiences and challenges with eating healthily.

- How did you overcome those challenges?
- What motivates you to eat healthily?
- How did you learn to eat a kidney-healthy diet and how does it impact your health?

If not, consider asking someone to join you to share their story.

Reach out to members of your organization or a local organization to ask if there is someone who has kidney disease and is comfortable sharing his or her story to inspire others to action.

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Getting Started

A food drive is an easy and rewarding project for any size organization or group to undertake. It is something everyone can participate in.

To begin, select a date. Your food drive may be over several days or weeks. Keep in mind that food is always needed by a food pantry or food bank, not just during the holiday season. Consider running a food drive during the summer or late winter when food donations are slower, but demand is still high.

Decide if your kidney-friendly food drive will generate food donations for your local food bank or food pantry.

The Difference Between a Food Pantry and a Food Bank

Food Pantry: A food pantry is a charity that provides food and grocery products directly to the community. It functions like an arm of a food bank that reaches out the community directly.

Food Bank: A food bank can hold more food than a food pantry and functions more like a warehouse. It acts as a supply line working with a network of partners to distribute food and groceries to places like food pantries, soup kitchens, and after-school programs.

Develop Your Team

If you belong to an organization, such as a support group, civic organization, or parents' association, you can organize your food drive with other members of the group. Holding a food drive with co-workers, at school, or through your religious organization are also popular ideas.

Identify one or two people who will be the lead contacts for your team. This lets people know who to go to if they have questions or need more information. Share the contact information of team leaders, including phone numbers and email addresses, with the members of your team.

Ask the group members how they would like to volunteer. Possible ideas include:

- Publicize the drive.
- Design and create posters and flyers.
- Recruit additional volunteers.
- Audit and record the food donated.
- Organize and label renal friendly food.
- Deliver the food to the food bank/food pantry.



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Contact Your Local Food Pantry

A local pantry is the expert on collecting and distributing food donations to help feed people in your community. A representative of your local food pantry can answer nearly any question you may have during your drive. Some topics may include:

- Arranging an educational tour of the food pantry for your project team.
- Setting potential collection goals.
- Recommending and/or obtaining appropriate food collection bins.
- Suggesting food storage options.
- Arranging for pick up of food donations.
- Providing input on types of food and other items to collect.

Notify your local food bank to let them know about your drive. Talk to the food bank about your interest in collecting kidney-friendly food options. Share resources available in this toolkit that highlight the importance of offering kidney-friendly options.

You should also inform the food bank of when your drive will be concluding so they know when to expect the delivery or when to pick up the food.

Locating a Food Pantry and Food Bank

Use the online resources below to find an organization to work with when developing a kidney-friendly food drive.

- [211](#)—Free service to help you find local services, including food banks
- [Feeding America](#)—Find your local food bank
- [The Salvation Army](#)—Find your local food pantry
- [WhyHunger Hotline](#)—Find your local food pantry, soup kitchen, government nutrition programs, and grassroots organizations



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Set Your Goals

Work with your team and the food pantry/food bank to determine your goals.

Sample Goal Ideas

- Collect a specific weight of donated food.
- Encourage a specific number of people to donate at least two cans of food each.
- Host an event that attracts a specific number of people who learn more about kidney disease while donating a specified amount of food.

After setting your goals, promote them. Make a poster or sign that highlights your goal(s) and lets you mark it off as you progress.

Promoting Your Goals

- Create a poster in the shape of a can showing how many pounds of food you plan to gather. Color in the can to mark your progress in meeting your goal.
- Design a poster in the shape of a calendar that lets you mark off the days before an event you are hosting.
- Post any graphics on your website or social media sites (such as Facebook or Instagram).
- Create a Facebook Event to notify your community of the upcoming food drive.

Offer Kidney-Friendly Recipes and Nutrition Resources

Eating healthy is easier with a recipe. This is especially true when there are limitations on what to cook or you are using unfamiliar ingredients. While the food provided to the food pantry may change with each event, providing recipes and suggestions for how to cook the food can spark ideas. You can provide these links to those receiving the food from the pantry to help with ideas for cooking and eating kidney-friendly meals. The websites offer recipes and healthy eating ideas.

- The Centers for Disease Control and Prevention's *Tasty Recipes for People with Diabetes and Their Families* includes recipes and meal plans designed to help people with diabetes manage the disease



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([https://www.cdc.gov/diabetes/pdfs/managing/Tasty Recipes for People with Diabetes-508.pdf](https://www.cdc.gov/diabetes/pdfs/managing/Tasty_Recipes_for_People_with_Diabetes-508.pdf)).

- The *Kidney Kitchen* provided by the American Kidney Fund offers a website packed with information about healthy eating, recipes, and videos for people in every stage of kidney disease.

<https://kitchen.kidneyfund.org/about-kitchen/>

- The Nutrition section of the Dialysis Patient Citizens Education Center website offers daily management suggestions, several kidney-friendly recipes, and family meal preparation tips.

<https://www.dpcedcenter.org/staying-healthy/nutrition/>

- The American Association of Kidney Patients offers a webpage with information about nutrition and cooking. <https://aakp.org/center-for-patient-research-and-education/kidney-friendly-recipes/>

- For additional tips and healthy eating ideas, visit

- <https://www.niddk.nih.gov/health-information/kidney-disease/kidney-failure/eating-right>
- <https://www.cdc.gov/diabetes/managing/eat-well/what-to-eat.html>

“Our kidney-friendly food boxes are healthy for the whole family,” said Janice Starling. “We have a family who receives food from us. The sons told us that they are eating better, and they want to do better because their dad is on dialysis.”



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Partnering With Community Groups

After you have developed your planning committee, your group can increase its reach by partnering with community groups and organizations. This partnership means more people will help you collect food. It also increases awareness about the importance of access to a healthy kidney diet.

Getting Started

- Research community groups and organizations in your community.
- Set up a meeting (virtual or in-person) to share your plans about the food drive.
- Discuss the experience of living with kidney disease.
- Describe the kidney-friendly diet and why you are interested in hosting this type of food drive.
- Invite the organization to join your efforts.
- Ask for ideas to add to the food drive.

Community Groups to Consider

Your community offers a variety of volunteer and civic groups that can collaborate with your efforts. Below is a list of possible groups for you to consider:

- 4-H clubs
- Block or neighborhood associations
- Church groups
- College/University sororities or fraternities
- Community or service clubs, such as Rotary International or Kiwanis
- Parent-teacher organizations
- School and youth programs
- Sports clubs, gyms, or other health-promoting groups
- Locally owned businesses that interact with customers or have high foot traffic, like salons, garages, or coffee shops
- Professional groups, such as nephrologist, nurse, dietitian, or social worker organizations
- A dialysis center or transplant program (*see page 9 for [kidney-friendly food drive ideas](#)*)

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Additional Ideas to Raise Funds and Awareness

In addition to hosting a traditional food drive to raise donated food items, consider creative ideas for raising funds. Donated funds can be used to either support the food drive or go directly to the food pantry in support of a kidney-friendly food event.

Here are a few ideas:

- Set up a crowdfunding site to raise funds online for your drive. The ESRD NCC Patient Grant Library explains how to use crowdfunding and social media to market your cause. Visit it here: [ESRD NCC Patient Grant Library](#).
- Partner with organizations or companies in your community. Ask them to sponsor your food drive event. Sponsors will receive special recognition during your event such as the sponsor name on event t-shirts, the company name and website link on your organization's social media page, or a write up about the sponsor in your organization's newsletter. Check with your state and county for any regulations regarding requesting this type of funding request.
- Seek a community grant to help host a kidney-friendly food drive, such as a Community Development Block Grant (CDBG). CDBGs are distributed by state and local governments to help solve community problems. Contact your local city or county government for information and to learn how to apply. Requesting any type of grant may require more time. Plan your event accordingly.

If you are raising money for a food pantry, discuss your ideas with the food pantry. The food pantry may have guidelines to follow when requesting and accepting funds.

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Promoting Your Event

The length of your food drive is up to you. In general, they can last one to three weeks. The publicity of your event should occur two to four weeks before your event occurs.

- Create signs and flyers. (See [Appendix](#) for samples.)
- Communicate on your promotions the reason for collecting kidney-friendly food options.
- Post signs and flyers in well-traveled areas. Lobbies, cafeterias, kiosks, and snack areas of buildings are good locations.
- Ask committee members to share the flyers with their family, friends, co-workers, church groups, and schools.
- Post information about the food drive on your website and to your social media accounts.
- Share information about your food drive with the local media. Send an email to the community desk of local media outlets (newspapers, TV stations, news sites) or submit your notice online if the media outlet provides an online request format. Include information about the kidney-friendly food drive.
- Keep people engaged with your food drive. Post to social media 3 to 4 times a week about the progress of the food drive. (See [Appendix](#) for samples.)

Ideas to Encourage Participation

- Make your food drive a contest to create a level of excitement.
- *Hosting at a School?* Create a friendly competition between grades or homerooms. The winner will earn a special party or other recognition.
- *Hosting at Work?* Develop a competition between departments or floors. The winner will receive special recognition such as priority parking or time off.
- *Hosting at a College?* Challenge the different sororities, fraternities, or groups participating to see who can raise the most food. Provide the winner with a special trophy, which can travel each year to the new winner. This instills pride and showcases a group's service to others.
- Design a grocery store scavenger hunt to offer a fun shopping experience when buying kidney-friendly items for the food drive.
- Make your food drive rewarding. Offer incentives, such as wearing jeans to work or receiving a special sticker or a t-shirt for top donators.

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Ideas for Dialysis or Transplant Clinics

- Host a food drive at your dialysis or transplant clinic.
- Create a theme for the food drive. Host it in March for National Kidney Awareness Month and provide kidney-friendly recipes as part of the drive.
- Coordinate the food drive with in-person or virtual lobby day activities. Encourage participants to provide tips for kidney-friendly healthy eating. When the drive is complete, create a “By Patients for Patients” informational resource from all the useful tips received. Offer this resource to your patients or post on a bulletin board.
- Share the [*Kidney-Friendly Grocery and List*](#) and encourage staff and patients to use this list when purchasing items for the drive.

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Involving Online Formats to Spread the Word

Approximately 223 million people in the United States used social media in 2020. That is equal to 80 percent of the United States population⁵. This makes social media and other online methods a valuable platform for sharing your message and efforts. It lets you engage creatively with your audience while gaining their support.

Consider these seven steps to establish a social media and web presence.

- **Step 1: Choose the Formats to Use**

There are many social media formats you can use to help spread the word about your kidney-friendly food drive. Consider Facebook, Instagram, and Twitter.

- **Step 2: Decide on an Event Hashtag**

Decide on a hashtag that is short, easy-to-understand, and relevant to your food drive. Once your team decides, stick with this hashtag. Consistency is key. Include your hashtag when you post about your food drive. Promote the hashtag on all communication. This includes a website, promotional emails, flyers, posters, etc.

- **Step 3: Create A Facebook Event**

A Facebook Event is a great way to get a user's attention and keep it because it can be linked to their calendars. The event is created through your Facebook page, dedicated to providing food drive details.

- **Step 4: Write Online Content**

Tailor content for each social network. Keep in mind the different styles for each audience. Add images in your posts, if possible. The appendix of this toolkit has several social media templates.

- **Step 5: Involve Others**

Build relationships with people in your community who can share information about your food drive. This will help raise awareness about the event. They can share the information and encourage more people to donate to your food drive.

- **Step 6: Be Creative**

Social media offers the ability to livestream. This is a feature you can use the day of your event when you are delivering your final donations or a few days before to increase donations.

⁵ Statista. Percentage of U.S. Population who currently use any social media from 2008 to 2020. Available at <https://www.statista.com/statistics/273476/percentage-of-us-population-with-a-social-network-profile>. Accessed on April 1, 2021.



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- **Step 7: Remember to Include the Website and Email**

Social media is a great resource for sharing information, but there are other online methods you will want to consider, too.

- Post updates about your food drive on your website, if you have one.
- Post flyers about the event on your website.
- Spread the word about the food drive by sending emails to community members, friends, family members, co-workers, etc.

Social Media Tips

When using social media, consider these tips.

- Use conversational tone and avoid buzzwords.
- Be prepared to carry on a conversation with your followers.
- Include hyperlinks for additional information.
- Use relevant hashtags, when appropriate. This helps your comments show up in larger conversations on social media.
- Use handles of people or organizations if you are trying to gain their attention (such as a journalist).
- Focus on facts. Avoid disagreements or arguments.

Social Media Definitions

Hashtag (#): A word or short phrase is used after the # sign to identify messages on a specific topic, such as #Kidneydisease.

Handle: The public username used on a social media account, such as @ESRDNCC.

Hyperlink: The main way for sharing information online. Hyperlinks, also called links, can send viewers to other online resources, such as social media pages, webpages, web sites, graphics, email addresses, and videos. They make it easy to go directly to the information needed.



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Sharing Your Results

A lot of work has gone into this event. Share your results!

When you have completed the food drive, send an announcement to the media. Invite them to join you at the donation center when you make your delivery. Make sure the press release includes information about the kidney-friendly food drive and why you chose to do it.

If the media are not available, take a photo when your team delivers the donated food and send it to local news organizations. Include the press release summarizing your results.

Saying Thank You

Be sure to thank your volunteer team and let them know how much their efforts made a difference.

- Create posters thanking everyone who was involved. Hang the posters at the collection sites.
- Give credit to everyone who was involved to ensure the event was successful. This includes those who helped in setting up, collecting donations, and donating food and supplies.
- Ask for quotes or stories from the people and families you impacted. Sharing stories helps to make meaningful change.



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Planning for Your Next Event

Your food drive is complete. You have provided kidney-friendly food options and educated about why it is important to provide these food options.

- Make this a regular event.
- Set a date and begin planning a few months or weeks in advance.
- Use the lessons you have learned to make the drive even better.

Consider hosting another drive during **March**, which is National Kidney Month! Or, **September**, which is Hunger Action Month.

If you have suggestions for this toolkit, or if you have hosted a kidney-friendly food drive, share your success stories with the NCC at NCCinfo@hsag.com.

✉ nccinfo@hsag.com | ☎ 844.472.4250 |   

This toolkit may be updated as new information or resources are available. The ESRD NCC will be updating the electronic copy at <https://www.esrdncc.org/en/resources/hosting-kidney-friendly-food-drives-toolkit/>. If you have a printed copy, check that it is the latest version. If not, go to the above web address to download and/or print the most recent version.

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Appendix


Sample Poster/Flyer

Click [here](#) to download a PDF of the sample flyer/poster.


Food Drive

Let's make a difference!

People with kidney disease need to eat special diets to stay healthy. Join us in collecting non-perishable food items appropriate for a kidney-friendly diet.



Date(s):	Location:
Suggested items:	
Call:	Visit:



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Tips for Writing a Donation Request Letter

As you plan for your kidney-friendly food drive, consider asking community businesses and local organizations to support your project. Support can come in a variety of forms. It could be providing financial donations, partnering with you to collect food for the drive, or sharing information about your food drive with others.

Use these tips to plan your request and letter.

Address the Right Person

Find the right person to address your letter to or request help from for your upcoming food drive.

You will be more successful if you contact to the right person within a company. This might be a manager, a CEO, a business owner, or the person in charge of corporate social responsibility. The time spent researching who the right person is will also let you know if the request is preferred by mail, email, or an online form.

Make the Request Relatable to the Company

Companies often have philanthropic or charitable departments. However, they also are interested in understanding how donating to a cause will benefit their company. When composing your letter, **find a way to connect the impact of your food drive to the efforts of the company.** Instead of just asking for money, personalize the request so the company has a clear understanding of how they can partner with and relate to your project's needs.

Offer to Meet in Person or Virtually

A letter may not be enough to generate support. **Offer to set up a time to meet in-person, virtually, or on the phone to discuss the details of your food drive.** During this meeting, be sure to share why this kidney-friendly food drive is important to you and the impact it will have on the community.

Be Specific With Your Ask

A request letter should be specific. Don't be vague with your ask for support. If your request is for a financial donation, see if you can ask around to get an idea of how much the company usually donates to similar campaigns. Keep your request in an equal range.



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Sample Kidney-Friendly Food Drive Support Letter

Personalize this template to create a request letter for your upcoming kidney-friendly food drive.

How to use:

- Replace the *<red text>* with content that is accurate for your request.
- Place the letter on your organization's letterhead. If you do not have letterhead, create a simple letter that includes your organization's name and contact information.
- Use a font that is easy and large enough to read. This could be Times New Roman or Arial. Use at least a font size of 12 point.
- Try to keep it to one page in length.
- If you are sending it by email, start the letter with "Dear *<Contact Name>*:"

<Date>

<Contact Name>

<Company>

<Address>

<City, State Zip>

Dear *<Contact Name>*:

I am with *<your organization or club name>*, and we are focusing on ensuring a special group of people in our community have access to nutritious food. COVID-19 impacted our entire community in so many ways—including more people being hungry or having food insecurity. During the pandemic, food banks served 55 percent more people than before.

When this food insecurity touches the lives of people with chronic illnesses, such as chronic kidney disease (CKD), it can be even more devastating. About 37 million U.S. adults are estimated to have CKD, and most are undiagnosed. Yet, not everyone is familiar with kidney disease, its causes, or the different treatment options. Did you know that kidney diseases are the ninth leading cause of death in the United States? *<Include information about how kidney disease impacts your community. This might include the number of dialysis facilities in your area (Use Dialysis Facility Compare to find the number of dialysis clinics in your area: [Find Healthcare Providers: Compare Care Near You | Medicare](#)) >*



Hosting Kidney-Friendly Food Drives

Partnering With Your Community for Success

<*Your organization or club name*> is hosting a kidney-friendly food drive on <date(s)>. I am writing to ask you to support this valuable community initiative. Would you be willing to contribute <*Ask for a specific amount if you are requesting a financial donation. If you are requesting another type of support, such as promoting the food drive or partnering to collect food, provide those details here*>

Your financial support donation will be used to <*describe what the contribution will be used for*>.

In recognition for your support of our kidney-friendly food drive your company will receive <*list what you will provide to the company*>.

I look forward to speaking with you about our upcoming kidney-friendly food drive. If you have any questions or you would like to learn more about the impact of kidney disease, please contact me at <*phone number*> or <*email*>.

Thank you in advance for making an impact in lives of our community members.

Sincerely,

<*Signature*>

<*Printed Name*>



Hosting Kidney-Friendly Food Drives

Partnering With Your Community for Success

Social Media Templates

Social media offers a variety of opportunities to promote your upcoming food drive activities.

These Facebook and Twitter messages will help you share details about your food drive and create awareness about kidney disease. Choose the messages that are best for your organization. Update the content in **red** with your information. Or, use these as inspiration and write your own.

Facebook

I'm collecting healthy food donations for the **@Organization Name** and I hope you will join me! Some of the most needed items are fresh vegetables, like carrots and corn; low-sodium meats; seasonings & spices; cereals and grains, like couscous and grits. Drop off your nutritious, shelf-stable items at **[location]**.

Ending hunger is hard work! And, **[Organization Name]** is taking it very seriously. We're ready to do our part. Join us for the **[name of food drive]** on **[date]** at **[food drive location]**.

@YourOrganization asks you to join us to help end food insecurities in the kidney community. Together, we can end hunger, one helping at a time.

This year, food banks and pantries across the country have high demand because of #COVID19. You can make a difference! Take action with **@FoodPantry Name** to end hunger, one helping at a time.

Join **@FoodPantry Name** and make a difference in someone's life everyday by doing things like donating #kidney-friendly food. Now more than ever, we need your help. We can support patients and their families, one helping at a time **[Link to food drive]**.

Food banks saw an increase in the need for food since the pandemic began, especially #kidney-friendly foods. You can take action. Join **@FoodBank Name** by providing kidney-friendly food to your neighbors in need **[Link to food drive]**.

We are joining the fight against hunger in the #kidney community and we need your help! Support the **@FoodPantry Name**. Register and donate to help feed your **[City]** neighbors in need. Learn more at **[Link to food drive]**.

We support **#FoodPantry Name** and **#CommunityOrganizationName**! Donate to our team today and help us provide #kidney-friendly meals to those in need **[Link to food drive]**.



Hosting Kidney-Friendly Food Drives

Partnering With Your Community for Success

Help [\[Organization Name\]](#) end the food gap and feed hope by providing healthy food throughout the current crisis and beyond [\[Link to food drive\]](#).

We are participating in [#FoodDriveName](#) to support [@FoodPantry Name](#) and you should too! Find out more at [\[Link to Food Drive\]](#).

Join me in supporting [@FoodPantry's #FoodDrive](#) on [\[date\]](#)! Learn more: [\[Link to food drive\]](#).

Twitter

Ending hunger is hard work! And, [\[Organization Name\]](#) is taking it very seriously. We're ready to do our part. Join us for the [\[name of food drive\]](#) on [\[date\]](#) at [\[food drive location\]](#).

[@YourOrganization](#) is asking you to join us with actions that help end food insecurities in the kidney community. Together, we can end hunger, one helping at a time.

This year, food banks across the country are in need because of the #COVID19 pandemic. You can make a difference. Take action with [@FoodBank Name](#) to end hunger, one helping at a time.

We are joining the fight against hunger in the #kidney community and we need your help! Support the [@FoodPantry Name](#). Register and donate to help feed your [\[City\]](#) neighbors in need. Learn more at [\[Link to food drive\]](#).

We support [#FoodPantry Name](#) and [#CommunityOrganizationName](#)! Donate to our team today and help us provide #kidney-friendly meals to those in need [\[Link to food drive\]](#).

It feels good to give back! Today I volunteered at the [@FoodPantry Name](#) as part of the [@FoodDrive Name](#) campaign. Learn more: [\[Link to food drive\]](#).

Help [\[Organization Name\]](#) end the food gap and feed hope by providing healthy food throughout the current crisis and beyond [\[Link to food drive\]](#).

We are competing in [#FoodDrive](#) to support [@FoodPantry](#) and you should too! Find out more at [\[Link to Food Drive\]](#).

Join me in supporting [@Food Pantry's #FoodDrive](#) on [\[date\]](#)! Learn more: [\[Link to food drive\]](#).



Hosting Kidney-Friendly Food Drives

Partnering With Your Community for Success

Kidney-Friendly Grocery and Shopping List⁶

Kidney-friendly food choices may seem confusing, frustrating, or overwhelming. Let resources help guide you. This shopping list goes over some basics whether at the grocery store, donating to a pantry or using a food pantry.

When donating kidney-friendly food to a food drive:

- Take this list with you to the grocery store when shopping for kidney-friendly items.
- Purchase items that are on the list and donate to your local kidney-friendly food drive.
- Ask a food bank/food pantry to offer kidney-friendly options.
- Host a food drive with the tips offered in the [*Partnering with Your Community for Success Toolkit*](#). This resource offers suggestions for hosting a kidney friendly food drive. It also gives tips for food banks/food pantries to support the kidney community.

When visiting a food pantry for groceries:

- Take this list with you when you visit your local food pantry.
- Select items that are healthy for your kidney-friendly diet.
- Talk to the staff at the food pantry about the importance of offering kidney-friendly food choices. Suggest the food pantry staff review this toolkit for additional ideas and resources.
- Read [nutrition labels](#) to better understand what to eat and plan your meals.

Remember: Follow the diet your medical team has given you.
Everyone has slightly different needs. These lists are general guides.

⁶ Sources for this section:

American Kidney Fund. Kidney Kitchen. Available at <https://kitchen.kidneyfund.org/guides-to-help-you-cook-and-shop/grocery-shopping-list>. Accessed on April 15, 2021.

UC Davis Health System. Renal Grocery List. Available at <https://health.ucdavis.edu/food-nutrition/pdf/Kidney%20Disease%20-%20Renal%20Grocery%20List.pdf>. Accessed on April 15, 2021.

American Association of Kidney Patients. Suggested Foods for Dialysis Patients. Available at <https://aakp.org/suggested-foods-for-dialysis-patients/>. Accessed on April 15, 2021.

Hosting Kidney-Friendly Food Drives

Partnering With Your Community for Success



Kidney-Friendly Grocery Ideas

(If you are donating, check first what type of food donations the food pantry or food bank accepts or needs.)

Canned Meats:

- Canned/package tuna (packed in water and no added phosphorus)
- Salmon
- Chicken

Meats & Meat Alternatives:

- Beef
- Chicken
- Lamb
- Pork (no bacon, sausage, or hot dogs)
- Turkey
- Veal
- Wild game
- Eggs & egg substitutes
- Tofu
- Fish
- Shellfish

Canned Fruit* (not packed in syrup):

- Applesauce
- Apricots (canned, not dried)
- Dried cranberries* (sweetened with apple/grape juice or sugar)
- Figs
- Fruit cups* (packed in water, juice, syrup)
- Peaches
- Pears
- Cranberry sauce
- Mandarin oranges

*These items are high in added sugar and may not be appropriate for those with diabetes or those with a fluid allowance.

Canned Vegetables:

- Bamboo shoots
- Beets
- Tomatillos
- Water chestnuts

*If other canned vegetables or beans are chosen, look for low sodium on the

Grains:

- Rice: basmati, or jasmine
- Cereals: corn flakes, puffed rice, puffed wheat (avoid cereals that have 100% recommended daily nutrients or sugary cereals)
- Couscous
- Oatmeal

Hosting Kidney-Friendly Food Drives

Partnering With Your Community for Success



Kidney-Friendly Grocery Ideas

(If you are donating, check first what type of food donations the food pantry or food bank accepts or needs.)

label and/or drain and rinse the food several times before eating to reduce sodium.⁷

Finely-ground hot cereals (farina, milled wheat)

Grits

Pancakes (avoid whole grains)

Crackers (unsalted and without added phosphorus)

Pasta (whole wheat or white enriched)

Seasonings:

Allspice

Basil

Bay leaf

Caraway seeds

Celery seed

Cinnamon

Cloves

Cumin

Curry

Dill

Dry mustard

Extracts of almond/maple/orange/peppermint

Fennel

Garlic Powder

Ginger Powder

Snack/Sweets*:

Animal crackers

Cake (angel food, butter, lemon, pound, spice, strawberry, white, yellow)

Candy corn

Chewing gum

Cinnamon drops

Cookies (ginger snaps, shortbread, sugar, vanilla wafers)

Graham crackers (not chocolate)

Gum drops

Hard candy

Jellybeans

Lollipops

Marshmallows

⁷ Shadix K. Reducing Sodium in Canned Beans — Easier Than 1-2-3. Available at <https://www.todaysdietitian.com/newarchives/011110p62.shtml>. Accessed on May 18, 2021.

Hosting Kidney-Friendly Food Drives

Partnering With Your Community for Success



Kidney-Friendly Grocery Ideas

(If you are donating, check first what type of food donations the food pantry or food bank accepts or needs.)

- Horseradish
- Marjoram
- Salt-free seasoning mixes
- Nutmeg
- Oregano
- Paprika
- Parsley flakes
- Pepper
- Rosemary
- Saffron
- Sage
- Sesame seeds
- Tarragon
- Thyme

*These items are high in added sugar and may not be appropriate for those with diabetes or are trying to lose weight.

Fresh Fruit:

- Apples
- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Cranberries
- Figs
- Grapes
- Peaches

Fresh Vegetables:

- Alfalfa sprouts
- Asparagus
- Artichoke
- Beans (green or wax)
- Bell peppers (green, red, or yellow)
- Broccoli
- Cabbage
- Carrots
- Cauliflower

Hosting Kidney-Friendly Food Drives

Partnering With Your Community for Success



Kidney-Friendly Grocery Ideas

(If you are donating, check first what type of food donations the food pantry or food bank accepts or needs.)

- Pears
- Raspberries
- Strawberries
- Cucumber
- Celery
- Corn
- Eggplant
- Kale
- Lettuce (iceberg, endive, escarole)
- Mushrooms
- Okra
- Pea pods/peas
- Spaghetti squash
- Summer squash
- Zucchini

Please talk to your dietitian or healthcare provider about portion sizes or questions about your daily fluid allowance.



Hosting Kidney-Friendly Food Drives

Partnering With Your Community for Success

Suggestions for Labeling Kidney-Friendly Foods at Food Pantries

This toolkit provides several suggestions for hosting kidney-friendly food drives. Once the food is delivered to the food pantry, offer a few suggestions to help the food pantry team inform their customers about selecting kidney-friendly choices.

Below are a few ideas to share:










- Use the [Kidney-Friendly Grocery and Shopping List](#) to identify kidney-friendly foods.
- Label shelves/bins with a sticker identifying the kidney-friendly foods. (see the [Food Pantry Labels](#), page 28)
- Create a section in the pantry highlighting kidney-friendly foods. Many pantry customers with chronic conditions such as high blood pressure, heart disease, and diabetes, would also benefit from selecting their food in this area.
- Develop a special healthy kidney-friendly food choice event during March to celebrate National Kidney Month.
- Offer recipes and educational flyers that are available online. Provide the information when customers enter the pantry or when they are leaving with their groceries. Recipes and kidney information are available at:
 - *The Kidney Kitchen* provided by the American Kidney Fund:
<https://kitchen.kidneyfund.org/about-kitchen/>
 - Dialysis Patient Citizens Education Center offers a nutrition section:
<https://www.dpcedcenter.org/staying-healthy/nutrition/>
 - The Centers for Disease Control and Prevention offers tips and healthy eating ideas:
<https://www.cdc.gov/diabetes/managing/eat-well/what-to-eat.html>

Hosting Kidney-Friendly Food Drives

Partnering With Your Community for Success

Food Pantry Label Templates

Click [here](#) to download a PDF of food pantry labels.

 <p>Kidney Friendly <i>Make the kidney-healthy choice.</i></p>  <p>To learn more, use your camera's phone to scan this code or visit www.esrdncc.org/patients.</p>	 <p>Kidney Friendly <i>Make the kidney-healthy choice.</i></p>  <p>To learn more, use your camera's phone to scan this code or visit www.esrdncc.org/patients.</p>
 <p>Kidney Friendly <i>Make the kidney-healthy choice.</i></p>  <p>To learn more, use your camera's phone to scan this code or visit www.esrdncc.org/patients.</p>	 <p>Kidney Friendly <i>Make the kidney-healthy choice.</i></p>  <p>To learn more, use your camera's phone to scan this code or visit www.esrdncc.org/patients.</p>
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