Dear Maple Valley

Send Hope to Your Neighbors
GETTING STARTED

During this challenging time, a small note can make a big impact!

We are continuing to distribute groceries to our neighbors in need and are looking for ways to make the experience special! We are seeking volunteers to write brief notes to show clients that we care.

This is a great activity to complete with your families and friends. Please mail completed notes to our Food Bank. Once you have mailed your note(s), email info@maplevalleyfoodbank.org with (1) the number of notes sent and (2) the date of postmark. Notes will be hand-distributed to clients who visit our Food Bank.

ATTN: Lindsey Habenicht
Dear Maple Valley
PO Box 322
Maple Valley, WA 98038
Our staff will hand-distribute notes to clients who come to pick up groceries via our drive-thru food bank in Maple Valley.

The faces of hunger will surprise you! Our clients include families, seniors, and students. Some of our clients may have been facing challenges prior to the COVID-19 outbreak, but others may be making use of our services for the first time since losing their jobs over the course of the past few months. Because we cannot know the personal circumstances of each neighbor who visits our Food Bank, we ask that you address each note anonymously (for example, to "a neighbor," or to "a friend") and use content appropriate for any potential recipient.

HOW MANY NOTES DOES THE FOOD BANK NEED?

We have hundreds of clients visit our Food Bank each week, so every note helps spread hope to our neighbors! Send one, two, or even send a group of notes mailed together!

WHO WILL RECEIVE MY NOTE?

Our staff will hand-distribute notes to clients who come to pick up groceries via our drive-thru food bank in Maple Valley.

How long should the note be?

It's up to you! Just a few words to let someone know that you care can go a long way, but you are welcome to write a longer note if you choose!
WHAT SHOULD I SAY?

The message is up to you, so get creative! Our goal in this is to share notes that are uplifting and offer hope during this challenging time. **Feel free to draw upon the example provided below**, or use your own ideas! Is there a quote you love? Song lyrics that lift your spirit? A note of optimism you could share with a neighbor?

We know that the COVID-19 outbreak has been a difficult time for our neighbors coming from all different backgrounds, so we ask that you refrain from using language that may communicate any assumptions about a particular client's situations. Keep it simple and use your words to brighten someone's day!

**Food Bank staff reserves the right to review all notes prior to distribution to ensure that content is appropriate. Submitted letters become property of the Maple Valley Food Bank and may also be used for display or stewardship purposes.**

**SAMPLE NOTE:**

Hi friend!

I wanted to reach out to wish you and your loved ones all the best during this challenging time. You’ll get through this! Know that I’m thinking of you and your community is here to help. Stay safe, stay healthy, and stay positive!

Best wishes,
Your neighbor.
CAN I GET MY CHILD/TEEN INVOLVED?

Yes! Everyone is encouraged to participate. What an interesting time in history to show your children how they can serve others! They can write short letters of their own, or they can send in drawings with uplifting messages. What's most important is that they are encouraged to take action - whatever that means for them! **We’ve provided some coloring pages toward the end of this toolkit** with space for your child to write a note on the top and sign on the bottom.

CAN I RECEIVE VOLUNTEER SERVICE HOURS?

If you would like a letter confirming your service hours, please email lindsey@maplevalleyfoodbank.org. We will credit one hour of service for every three notes written, upon receipt at our Food Bank.
QUESTIONS?
Email us at info@maplevalleyfoodbank.org

GET CONNECTED
Join the conversation online by tagging us and using the hashtag #DearMapleValley

GET SOCIAL
Find us at @maplevalleyfoodbank on Facebook and Instagram
NEIGHBORS
helping
NEIGHBORS
food is LOVE