

Rules to play:

Complete a volunteer activity from the Bingo Card. Once you've completed **(5) activities**, you make a **BINGO!** The 5 activities count as a BINGO in a row vertically, horizontally or diagonally. Then take a photo or video of your BINGO and post on social media for at least 48 hours and tag us @FeedingtheGulfCoast or send your picture or video to us at the following email:

volunteer@feedingthegulfcoast.org

Receiving Volunteer Credit Hours:

- If volunteers complete **1 BINGO** (5 activities), they will receive **1 hour of credit**.
- If volunteers post their BINGO on social media and tag @FeedingtheGulfCoast, they can receive an additional **3 hours of credit**. Post must remain up for 48 hours, and Feeding the Gulf Coast must be tagged. Take a screenshot of your post and send it to us via the email above.
- Volunteers will also receive additional credit if they raise monetary donations for Feeding the Gulf Coast. **Every \$50 equates to 1 hour of credit.**

Row 1:

- Write a letter to a homebound individual.
- Grow a garden anywhere you have space by using 5-gallon buckets. Each bucket is home to one vegetable plant and perhaps two or three smaller herbs or annual flowers.
- Collect donations for Feeding the Gulf Coast in one of the following ways:
 - A) Any non-perishable food items collected will need to be delivered to the food bank:
Main Warehouse: 5248 Mobile South Street, Theodore, AL 36582 or
Panhandle Warehouse: 5709 Industrial Blvd., Milton, FL 32583
 - B) Monetary Donations collected may be mailed to the following address:
Feeding the Gulf Coast, Attn: Missy Busby
5248 Mobile South Street, Theodore, AL, 36582
- Host or donate to a virtual food drive. To get started, please contact either Missy Busby at mbusby@feedingthegulfcoast.org or Andrea Odom at aodom@feedingthegulfcoast.org.
- Visit our channel on YouTube (<https://www.youtube.com/user/bayareafoodbank>), and watch one of our videos to learn more about our programs.

Row 2:

- Become a Social Media Ambassador. To get started, please contact our Marketing team at communications@feedingthegulfcoast.org.
- Tell someone about volunteering at Feeding the Gulf Coast. Make a social media post or video yourself telling someone about your volunteer experience at Feeding the Gulf Coast. Explain how they can volunteer at Feeding the Gulf Coast by visiting our website at www.feedingthegulfcoast.org and click on the "Get Involved" tab to sign up.
- Volunteer at a Mobile Food Distribution. To get started, please contact either Missy Busby at mbusby@feedingthegulfcoast.org or Andrea Odom at aodom@feedingthegulfcoast.org.
- Food sort at Feeding the Gulf Coast. Please visit our website at www.feedingthegulfcoast.org and then click on the "Get Involved" tab to sign up for a food sorting shift.
- Give Feeding the Gulf Coast a shout out on social media and tag us @FeedingtheGulfCoast.

Row 3:

- Visit www.feedingthegulfcoast.org and click on the "Donate Now" button to donate. Please comment **Volunteer Bingo** in the memo section.
- Serve at a local partner agency. To get started, please contact either Missy Busby at mbusby@feedingthegulfcoast.org or Andrea Odom at aodom@feedingthegulfcoast.org.
- FREE SPACE!

- Volunteer to pack senior boxes at Feeding the Gulf Coast. Please visit our website and then click on the “Get Involved” tab to sign up for a Senior Box Packing (CSFP) shift.
- Post a selfie on social media while holding an empty plate and comment about something you cannot do well while hungry. Make sure to tag us @FeedingtheGulfCoast.

Row 4:

- Volunteer to pack backpacks for our Child Nutrition Program at Feeding the Gulf Coast. Please visit our website and then click on the “Get Involved” tab to sign up for a Backpack shift.
- Read an article about food insecurity and repost on social media with a comment about what you learned and tag us @FeedingtheGulfCoast.
- Make a video to thank an essential worker. Once you make the video, please send it to us in an email at volunteer@feedingthegulfcoast.org
- Volunteer anywhere in your community with your family. Take a picture of your family volunteering and send us an email.
- Sign up to receive our emails by visiting our website. Enter your email in the sign up bar at the top of the page.

Row 5:

- Like and share a Feeding the Gulf Coast social media post and tag us @FeedingtheGulfCoast.
- Follow us on Facebook, Twitter, and Instagram.
 - Twitter:** twitter.com/FeedingTheGulf
 - Facebook:** facebook.com/FeedingtheGulfCoast
 - Instagram:** instagram.com/feedingthegulfcoast
- Visit our blog online at <https://www.feedingthegulfcoast.org/blog>. Read and share a blog post with someone you know.
- A food desert is an urban area where it is difficult to buy affordable or good-quality fresh food. Visit <https://www.ers.usda.gov/data/fooddesert/> to find out about your community. Email us at volunteer@feedingthegulfcoast.org about what you learned.
- Tell someone where they can access food. Individuals can access food by visiting our website at www.feedingthegulfcoast.org and clicking on the “Find Help” tab, or they can call our office at (888) 704-FOOD, Monday through Friday from 8 am-4 pm.