

ORGANIZATION

Filling Tummies



MISSION

By providing food, formula, and basic resources, it is the mission of Filling Tummies to enhance the lives of underprivileged mothers, infants, children, the elderly, and their extended families.

We are providing food via our mobile market after school on Fridays and to senior centers on various days of the week. The mobile market is loaded with free fresh fruits and vegetables and provided to areas at risk of food insecurity, meaning they may not know where their next meal is coming from, or are at risk of going to bed hungry. The facts are, 1 in 6 Oklahomans don't know where their next meal is coming from. 1 in 4 children are at risk of going to bed hungry at night. We're here to help and provide healthy choices to increase overall nutrition of our community.

WAYS TO SERVE

Individual Volunteers can help by:

- o purchasing food
- o picking up food
- o driving (regular driver's license required)
- o delivering food directly to the community
- o adding logo stickers to food bags
- o assisting with social media posts
- o technical expertise
- o graphics
- o videography
- o gardening
- o speaking engagements
- o photography

- Filling Tummies needs a volunteer "Task Force" for food distribution days.

CONNECT

www.fillingtummies.com or Lisa@fillingtummies.com

VOLUNTEER INFO

Minimum age: 13

