



HEALTH AND WELLNESS
POWERED PANTRIES

KEEPING IT COOL: HOW TO KEEP YOUR NEIGHBORS SAFE DURING SUMMER EVENTS.





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DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post these materials throughout your site to raise awareness for the topics shared.

This quarter (July–September), we’re focusing on sharing practical strategies to help our neighbors stay safe and comfortable during the hot summer months. We’re also offering guidance on how to organize donation drives that support these efforts.

Protecting everyone from the dangers of extreme heat is vital, and this campaign aligns with our Healthy Pantry Initiative by ensuring our neighbors receive not only nutritious food but also the resources they need for a safer, healthier summer.

Best,

Nutrition Education Team
Community Food Bank of New Jersey



HOW TO KEEP THE LINE COOL

It is difficult for our neighbors to wait in lines during the sweltering heat. Below are a few strategies to help the fight against heat and keep them cool and comfortable!



CREATE SHADE

**SET UP AN AWNING OR
PLACE UMBRELLAS
OUTSIDE TO PROTECT
PEOPLE AGAINST THE
SUN**

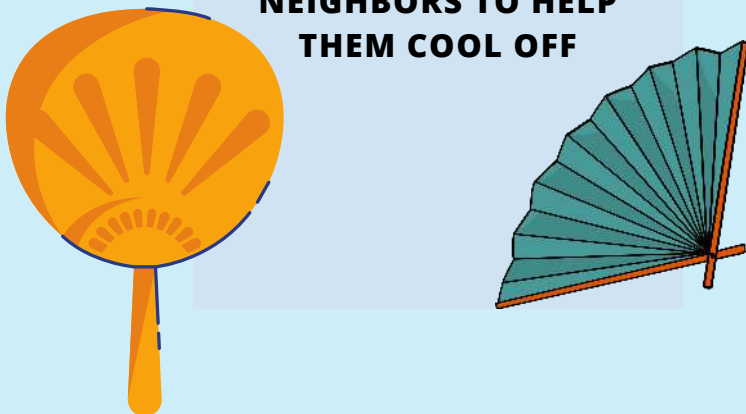
UTILIZE AN ICEBOX

**FILL AN ICEBOX WITH
WATER AND HYDRATING
DRINKS TO KEEP
NEIGHBORS FROM BEING
DEHYDRATED AND TO
HELP THEM KEEP COOL**



DISTRIBUTE FANS

**HAND OUT FANS TO
NEIGHBORS TO HELP
THEM COOL OFF**



NECK TOWELS

**SOAK CLOTH,
BANDANAS, OR
HANDKERCHIEFS IN
COLD WATER AND
DISTRIBUTE THEM TO
NEIGHBORS**



HOSTING AN OUTDOOR EVENT IN THE **SUMMER HEAT?**

Oh, we know it's no small feat! Keeping the guests, volunteers and staff safe and comfortable is the top priority so we've put together some effective heat-beating strategies to help everyone stay cool and cared for.

1

Adjust the timing of the event!



Hold events early morning or late afternoon. Avoid peak sun hours and keep events brief to reduce time spent in the heat.



2

Use the environment!

Host tabling events under trees or in the shadows of tall buildings. Use grass instead of asphalt areas.

3

Provide cooling incentives.



Give frozen treats like fruit cups, snow cones and popsicles during the event. Give away cold compresses as gifts to guests.



Partner with community services!



Local fire departments or community health centers may be able to loan misting tents, portable cooler or fans. Offer volunteers to help with safety and equipment care.

5

Use Signs!

Use signage to remind people to keep hydrated.

ORGANIZING A DONATION DRIVE FOR 'BEAT THE HEAT'



KEYS FOR SUCCESS

- 1. SET A CLEAR TIMELINE FOR COLLECTIONS,**
- 2. SECURE STORAGE SPACE FOR DONATIONS,**
- 3. SET GOALS & LIMITS FOR HOW MANY DONATIONS YOU CAN ACCEPT**
- 4. MAKE A CLEAR LIST OF DONATABLE ITEMS THAT YOU WILL ACCEPT**

BEAT THE HEAT

- Water*
 - Bandanas*
 - Towels*
 - Umbrellas*
 - Fans*
- 

**CLEARLY CONVEY A MESSAGE OF
COMBATTING HEAT-RELATED ILLNESS
TO GIVE YOUR DRIVE A SENSE OF
PURPOSE.**

- PARTNER WITH SCHOOLS & FAITH BASED INSTITUTIONS TO COLLECT DONATIONS.**
- HUMANITARIAN OR SERVICE-ORIENTED COLLEGE GROUPS CAN SPREAD WORD TO HUNDREDS OF STUDENTS AND ASSIST IN COLLECTIONS**
- PARTNER WITH LOCAL RETAIL BUSINESSES WITH HIGH FOOT TRAFFIC, TO QUICKLY SPREAD THE WORD VIA TABLING OR HANGING FLYERS.**
- LEVERAGE SOCIAL MEDIA PRESENCE AND PROMINENTLY FEATURE DONATION DRIVES ON YOUR WEBSITE HOMEPAGE**



SIGNS OF HEAT EXHAUSTION

SIGNS OF HEAT EXHAUSTION

- COOL, CLAMMY SKIN
- HEAVY SWEATING
- DIZZINESS
- THIRST
- NAUSEA
- WEAKNESS



WHAT TO DO?

- HYDRATE BY SIPPING WATER
- CHANGE INTO LOOSER CLOTHING
- FIND SHADE
- SIT OR LAY DOWN, IF POSSIBLE
- SEEK MEDICAL HELP IF SYMPTOMS DO NOT IMPROVE



SIGNS OF HEAT STROKE

- DRY, HOT RED SKIN
- NO SWEATING
- VOMITING
- UNCONSCIOUSNESS
- ALTERED MENTAL STATE



ACT FAST!!

CALL 911 IMMEDIATELY!!

THEN:

- MOVE PERSON TO COOLER AREA
- REMOVE EXTRA LAYERS
- COOL DOWN WITH WATER OR ICE
- ELEVATE LEGS TO IMPROVE CIRCULATION

PREVENTION

- ASSIGN A LINE MONITOR TO CHECK FOR SIGNS OF HEAT RELATED ILLNESS
- USE A TICKETING OR APPOINTMENT SYSTEM SO FOLKS DO NOT HAVE TO WAIT IN LINE FOR LONG PERIODS OF TIME.
- FOR INDOOR PANTRIES, REARRANGE THE SPACE TO MOVE A PORTION OF THE LINE INDOORS OR HAVE A TEMPORARY WAITING ROOM.
- HAVE DAMP TOWELS, REFRIGERATED WATER BOTTLES READY AND QUICKLY ACCESSIBLE.
- CREATE A PLAN OF ACTION FOR ALL STAFF AND VOLUNTEERS TO RESPOND TO HEAT RELATED ILLNESS.

Resources, Handouts & Flyers

Ways to Keep Cool Outside



Safety tips for outdoor events in the summer



Recognizing Signs of Heat Exhaustion and Stroke

| Heat Exhaustion | Heat Stroke |
|--|---|
| <p>ACT FAST</p> <ul style="list-style-type: none"> Move to a cooler area Loosen clothing Sip cool water Seek medical help if symptoms don't improve | <p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> Move person to a cooler area Loosen clothing and remove extra layers Cool with water or ice |
| <p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p> | <p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p> |
| | |
| <p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p> | |
| <p>Stay Cool, Stay Hydrated, Stay Informed!</p> | |