

# How You Can Help

## Donate Money

Supporting Manna is fast and simple. Single or recurring credit card donations can be made on-line at [www.mannaconejo.org](http://www.mannaconejo.org). Checks, payable to Manna Conejo Valley Food Bank, can be sent to our mailing address.

Ask your employer about matching gift programs and double your donations' impact!

## Donate Food

Hold a food drive! Our pantry needs to be continuously restocked to provide hungry people the foods they need. Check out the "Food Drive Toolkit", Food Drive Registration form and Food Drive Flyers on our website.

## Food Donations Received

Monday - Friday: 8:00am- 4:00pm  
Saturday: 9:00am- 1:00pm

## Community Service Opportunities

Manna prides itself on giving back by offering youth community service hours, corporate team building days and general volunteerism to engage in the community. Check our website for more information.

To learn more about the many ways to help and to register as a volunteer, visit our website. [www.mannaconejo.org](http://www.mannaconejo.org)

***Hunger** is a problem hiding throughout the Conejo Valley. Manna is here to be a safety net, bridging the gap between hunger and homelessness.*

### Manna is an...

independent non-denominational, non-federally funded 501(c)3 founded in 1971.

### Manna's Mission is...

"To feed hungry people in the Conejo Valley".

### Physical Address

3020 Crescent Way, Thousand Oaks, CA 91362

### Mailing Address

PO Box 1114, Thousand Oaks, CA 91358  
Phone: (805) 497-4959

**Website:** [www.mannaconejo.org](http://www.mannaconejo.org)

**Blog:** [www.mannaconejoblog.com](http://www.mannaconejoblog.com)

**Facebook:** [www.facebook.com/mannaofconejo-valley/](http://www.facebook.com/mannaofconejo-valley/)

**Instagram:** @mannaconejovalley

## Connect with us



***hunger*** DOESN'T DISCRIMINATE



# *Hunger* Doesn't Discriminate Against....

**CHILDREN**, who find it difficult to concentrate in school when they're tummies are empty.

**COLLEGE STUDENTS**, who risk dropping out of school because they can't afford tuition & food.

**FAMILIES**, who run out of money by the end of the month and sacrifice their own nutritional needs so that their children will have more food.

**SENIORS**, who must choose between buying food and buying needed medication or paying rent.

**HUNGER** crosses all socio-economic lines, affecting every neighborhood in the Conejo Valley, from modest to comfortable.

- *Over 15,000 local Conejo Valley households struggle to feed their families.*

Throughout the Conejo Valley thousands of people rely on Manna, Conejo Valley Food Bank for their next meal. From managing a crisis to securing a job to recovering from an illness to taking a test—life's problems, big or small, are nearly impossible to handle when you're hungry. Manna helps people manage life's challenges by providing that most basic human need—food.

*Hunger* doesn't Discriminate, it crosses all socioeconomic lines, affecting every neighborhood in the Conejo Valley, from modest to comfortable. Your support can make all the difference to a family in need.

## How Manna Feeds the Need

### Our Partners

Manna partners with hundreds of food donors—retailers, businesses, faith-based organizations, clubs, schools and hundreds of individuals to bring in the food our pantry needs.

Over 96% of the food distributed through our pantry is donated by the community.

### Distribution

Manna is a local community food pantry serving the 101 corridor cities from the Conejo Grade to the Calabasas Grade.

Our “choice-model” food pantry enables clients to select the foods their family knows and will eat. Clients are allowed to visit the pantry every 14 days and will receive an average of 145 pounds of food, or 120 meals.

## FOOD DISTRIBUTION DAYS

Tuesday:	9:30am - 2:30pm
Thursday:	9:30am - 3:30pm
Saturday:	9:30am - 12:30pm

“Manna is a life support and a blessing and a necessity in our town for people who live on a small amount of money. It is an organization that is using the donations they get legitimately. It is a place people can feel good giving to. We love you Manna!”

— Michelle M.

## Programs

### Community Food Pantry

A choice-model food pantry that allows clients to choose from a wide variety of pantry items rather than receive a pre-packaged bag or box. This method promotes not only a strong sense of dignity among clients, but is an effective distribution method because clients choose food items they know and like.

### 60-Days of Holiday

Purchased and collected holiday specific foods are made available to clients as an addition to their regular pantry visit from November 1st thru December 31st, so that every family in need can enjoy a holiday celebration of their choice.

### Emergency Food Bags

Basic needs food bags filled with easy open, non-perishable food items are pre-bagged and made ready for quick distribution in emergency situations, such as evictions, loss of a job or flight from domestic violence.

### Our Impact

Manna helps thousands of people each year provide healthy, nutritious meals to their family. We touch lives, provide education or play a supporting role. Although we may be small, our impact is big.