

ALL ABOUT FOOD

COMMUNITY WALK-A-THON

Sunday, October 18, 2015

Rain or Shine

Time: 1:00 to 3:00 pm

2.5km

First Name: _____ Last Name: _____

Address: _____ Telephone: _____

Dear Supporter,

Thank you for your support! All proceeds from the *All About Food* Community Walkathon will help fund the various food programs at the participating organizations.

Please note this is a multi-agency event. Cash donations will be divided equally between organizations. For those who wish to pay by cheque, please make the cheque out to one of the following organizations:

- **St Luke's Table**
 - **Parkdale Food Centre**
- **Parkdale United Church-In From the Cold**
 - **Dalhousie Food Cupboard**

A tax receipt will be issued for all donations of \$20.00 or more. **Thank you!**

	Name of Donor	Mailing Address	Pledge Amount	Cash or Cheque	Receipt	Email Address	Email Consent
					Y/N		Y/N
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Thank you for your support!

ALL ABOUT FOOD COMMUNITY WALK-A-THON

EVENT DETAILS

- **12:30** Registration and pledge form drop off at **St Luke's Table**
- 760 Somerset Street West (please use side entrance on Bell Street)
- **1:00 sharp** Everyone departs from St Luke's Table and proceeds along Somerset/Wellington
- **Pit Stop** **Parkdale Food Centre** at 30 Rosemount Avenue
- **Final Stop** **Parkdale United Church** at 429 Parkdale Avenue

Maps will be provided at the starting point, and volunteers will guide you along the way if needed.

Agency information and tours will be provided so you can learn more about the important work that we do. **Dalhousie Food Cupboard** information will be available at St Luke's Table.

Refreshments will be provided as well!

WHO AM I SUPPORTING?



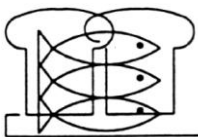
St Luke's Table is a day program that receives over 50,000 visits each year from individuals who are in need of a safe and supportive environment. Along with breakfast and lunch, we provide recreational and health services, and crisis intervention. www.stlukestable.ca Reg#108084658RR0030



At the Parkdale Food Centre, we believe that everyone should have access to healthy, nutritious food. If you are an individual or a family facing an emergency food shortage at home, we're here to help. www.parkdalefoodcentre.ca Reg#889365003RR0001



On most Saturdays between 2 and 5 pm, from November to March each year, Parkdale United Church's In from the Cold Program provides a warm, friendly environment where guests who are experiencing poverty or other challenges can come together and enjoy fellowship and a delicious meal. www.parkdaleunitedchurch.ca Reg#107815201RR0001



Dalhousie Food Cupboard

The Dalhousie Food Cupboard (DFC) is a Community Food Bank operating in collaboration with the Ottawa Food Bank. DFC's mandate is to provide food to ease the financial burden of those residents in our serving area who are unable to purchase a steady supply of groceries. www.dalhousiefoodcupboard.ca Reg#135775500RR0001

Thank you for your support!