ALL ABOUT FOOD COMMUNITY WALK-A-THON

2.5km

Sunday, October 18, 2015
Rain or Shine

Start time: 12:30 pm @ St. Luke's Table 760 Somerset St. W
Ending @ Parkdale United Church, 429 Parkdale Ave.

First Name: _____ Last Name: _____

Address: _____ Telephone: _____

Dear Supporter,

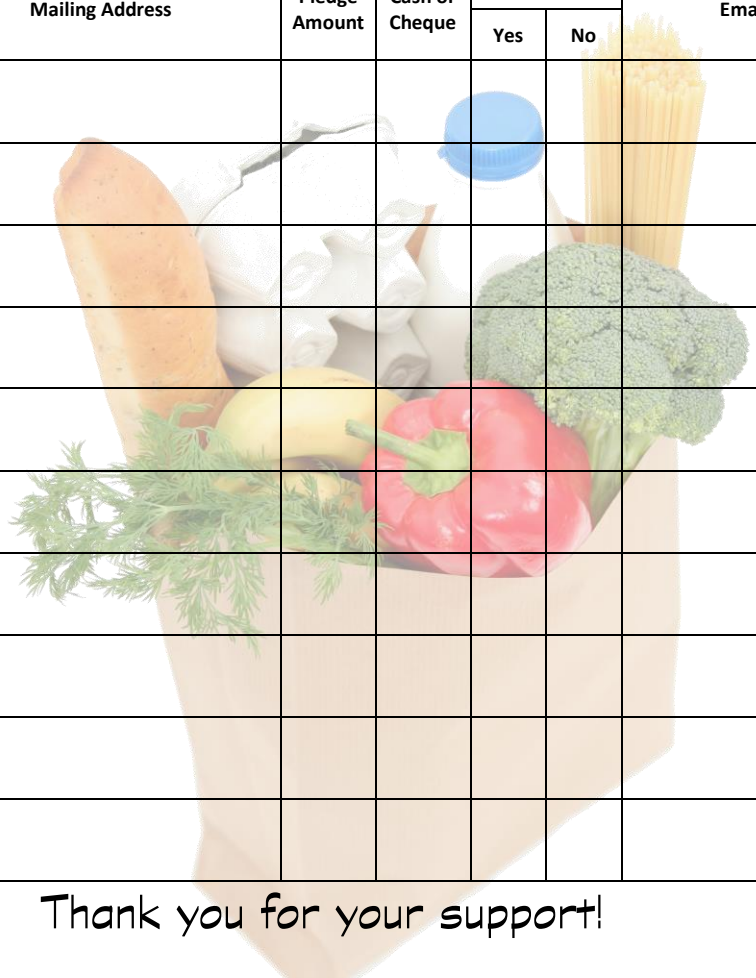
All proceeds from the All About Food Community Walkathon will help fund the various food programs at the participating organizations.

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

- St. Luke's Table
- Parkdale Food Centre
- Parkdale United Church
- 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	
					Yes	No		Yes	No
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									



Thank you for your support!

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EVENT DETAILS:

Sunday October 18th Registration and pledge drop off starts at 12:30 at St Luke's Table, (side entrance on Bell St, 760 Somerset St West) and the walk begins at 1pm sharp. The walk is 2.5 km and starts at St Luke's Table then proceeds along Somerset/Wellington to the Parkdale Food Centre (30 Rosemount Ave) and ends at Parkdale United Church (429 Parkdale Ave). Maps will be provided at the starting point and volunteers will guide you along the way if needed.

Agency tours will be provided so you can learn more about the important work we do.

Refreshments provided as well!

WHO AM I SUPPORTING?

St Luke's Table
Nourishing Hope

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, crisis intervention, to learn more about us go to www.stlukestable.ca
Reg#108084658RR0030

PARKDALE FOOD CENTRE

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

PARKDALE UNITED CHURCH
COME • GROW • SERVE

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 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