

AT THE WALK

Final Steps. . .

- Each team member must have either registered online or filled out a Registration form. **Each person also needs to check in at the Registration Tent.**
- Each Pick a place to gather together before the Walk.
- Have some refreshments, enjoy the entertainment and have fun! When your team finishes, enjoy more refreshments, live music and the awards presentation.

2010: SPIRIT AWARDS!

Awards will be presented to individuals and teams for:

- Best Team Name
- Best Team Theme
- Best Team Costume
- Best Team Spirit
- Best Individual Costume
- Best Individual Spirit

Receptions will also be held post Walk to honor Bridgeport, Waterbury and New Haven:

1st, 2nd and 3rd place Top Individual Fundraisers

1st, 2nd and 3rd place Top Team Fundraisers

For More information visit :

www.ctfoodbank.org/walkagainsthunger



**1st Annual Greater Bridgeport
Sunday, April 18, 2010, Beardsley Park**

**5th Annual Greater Waterbury
Sunday, April 25, 2010, Library Park**

**34th Annual Greater New Haven
Sunday, May 2, 2010, East Rock Park**

Team Building Guide

The Walk Against Hunger is an annual event held to raise money for Connecticut Food Bank while raising awareness about the issue of hunger in our communities.

The mission of Connecticut Food Bank is to alleviate hunger. We strive to do this by supplying food products and resources to member agencies, and by promoting public awareness about the problem of hunger. CFB solicits, transports, warehouses and distributes donated food to 650 community programs including soup kitchens, shelters, food pantries, and adult and child day care centers in Fairfield, Litchfield, Middlesex, New Haven, New London and Windham counties. In 2008, CFB distributed 16 million pounds of food and grocery products to people in need and, since 1982, has distributed more than 200 million pounds.

CONNECTICUT
food bank
A PARTNERSHIP TO ALLEVIATE HUNGER

Take THE CHALLENGE 2010

Connecticut Food Bank (CFB) wants you to fight hunger in your community by taking THE CHALLENGE. Gather family, friends, co-workers, or teammates and participate in the Walk Against Hunger then *CHALLENGE* someone – friends or rivals to do the same. See who can recruit a larger team – raise more money – or give more volunteer hours! While the successful contenders of THE CHALLENGE will only earn bragging rights –everyone, especially those in need, will WIN.

In THE CHALLENGE CFB's opponent is HUNGER. Don't hesitate to join us for our biggest event of the year! Help us help our neighbors in need by raising money while walking thru scenic East Rock Park in New Haven or Library Park in Waterbury. Remember every \$5 you raise enables us to provide more than 17 meals and a hope for a better tomorrow to someone in need.

BUILD YOUR TEAM

Register now at:
www.ctfoodbank.org/walkagainsthunger

Recruit, Recruit, Recruit!

- From your Team Walk page you can send e-mails to friends and family to support your efforts and invite them to join the team too!
- Make a list of everyone you know who might like to join your efforts in raising money to support Connecticut Food Bank.
- The possibilities are endless: ask people who have
- participated in a previous *Walk Against Hunger*, friends, relatives, neighbors, colleagues, fellow worshippers, classmates, etc.
- Ask them to walk with you or build a team of their own and encourage each of them to ask at least one friend, relative or co-worker to join a team.
- Try to recruit at least ten walkers — not required, but the more, the merrier! And don't forget if someone can't participate, ask them to sponsor you!
- Communicate regularly with your team members.
- Recruit new team members up to the last minute. Send remind walkers of Walk date and time — rain or shine and identify a meeting place and time in the park!

Team Spirit

- Create a name for your team that embodies your team spirit. Be creative—make it part of your group or company name.
- Teams show your colors! On the day of the *Walk* come dressed in team shirts, themed shirts or hats! Decorate your stroller, wagon, or bike. Create a team banner or dress up your favorite pooch to join the fun!
- Write your team name on all materials you give to your team. Remember, there are many awards for Spirit!

Spread the Word

- Write a story for your company newsletter or website.
- Make a flyer and fax it to branch offices or use as a payroll stuffer.
- Tag your e-mails with a *Walk Against Hunger* message.

Get the word out early so people can mark their calendar.

Fundraising Tips

- Ask your company for matching funds.
- Create a letter writing campaign.
- Set a personal and team fundraising goal.
- Ask people who have asked you to sponsor them in the past.
- Ask a local business for a donation. (It's tax deductible for them!)

Connecticut Food Bank has posters and brochures for Walkers who do not want to register online. Please email walk@ctfoodbank.org or call 203-469-5000 ext. 302 for more information.

