



## GET INVOLVED IN THE BREAKFAST CLUB

Imagine waking up each morning and staring at an empty refrigerator- out of coffee, no bread for toast and only thing to eat is cold pizza from two nights ago. Lucky you... you can stop by the local convenience store or zoom through the McDonald's on your way to work to pick up something to start the day.

Hundreds of people in our community don't have that option. They are challenged to be able to provide food for their families and themselves. Did you know that in America, one in eight American's are relying on food pantries and soup kitchens? Over one million more people are accessing food banks and soup kitchens than in 2006 and more than one-third of households have to choose between food and basic human needs. And here's a little more information. If you think that those that use our soup kitchen to obtain a meal are just the homeless, think again! 72% work eight hour days. 85% are living in housing but don't have the resources to purchase or prepare their meals. 17% are families with children- and 11% are veterans.

The Freedom House Conrad Center, Richmond's main soup kitchen, provides a hot, nutritious breakfast to those in need. Serving breakfast to over 125 individuals each day, you can be a part of the "**Breakfast Club**" by making a donation of \$50.00. Your \$50.00 donation will cover **the cost of this hot meal!** And for your generosity, you can designate a day that you would like to "sponsor" breakfast" or honor someone with your sponsorship. I'll include your name in our quarterly newsletter and will post it on the sponsorship board at the Conrad Center the day of your request.

We appreciate your help! Please know that your money will be used fill a soul and a stomach!

Enclosed is my \$50.00 to sponsor a day of breakfast for Freedom House.

Please designate (date) \_\_\_\_\_ as my day of giving.

I would like to honor or memorialize (please underline which one) the following person or persons:

Name(s) \_\_\_\_\_

Your name \_\_\_\_\_

Contact phone number \_\_\_\_\_

Email \_\_\_\_\_

\*If you prefer to place your donation on a credit card, complete the info below.

Name on card \_\_\_\_\_

Visa \_\_\_\_\_ MC \_\_\_\_\_ Exp. Date \_\_\_\_\_

Account number \_\_\_\_\_

Mail to: 1201 Hull Street, Richmond, VA 23224  
Attn: Breakfast Club

