

# The McLennan County Hunger Coalition Says: On Friday, October 15th, Let's NOT do lunch!



## ***Sacrifice just one meal***

Most of us have never missed a meal due to famine or poverty. The McLennan County Hunger Coalition (MCHC) is sponsoring their 3rd annual Fast of Caring on Friday, October 15—the day before World Food Day. The Hunger Coalition would like to encourage everyone to participate by sacrificing their midday meal on October 15 in order to experience, first-hand, the feeling of hunger. The event is simple but powerful in its potential to focus upon our own blessings and the needs of others, locally and globally. A short ceremony will be held on October 15<sup>th</sup>, at Heritage Square (Downtown), at 3rd St. and Austin Ave., from 12:15-12:45 pm for participants from various companies, churches and organizations. We will also take this opportunity to honor people in our community to who are working to alleviate hunger and poverty both here and around the world.

## ***Your donations at work in the community***

Participants are encouraged to donate the cost of the lunch they will be missing (approximately \$7.50). Donations are strictly voluntary and it is not necessary to participate in the fast. All funds donated through the McLennan County Hunger Coalition will go to WISD Child Nutrition Services Weekend Backpack Program, helping to give children access to healthy food over the weekend when many are most vulnerable to hunger.

## ***Needed: One contact person to represent your local business***

We appreciate all that you do to help to fight hunger in our own community and hope that you can find one person in your organization to help spread the word about the *Fast of Caring* in your business. Please find enclosed a company registration form. Please let us know if you will participate and if you plan on joining us at the Heritage Square. Your contact person will spread the word at your organization, collect from those who would like to donate, and be responsible to keep record of contributions. Ellie Lewis, MCHC VISTA, will pick up the donations on Monday, October 18<sup>th</sup> or you may bring them to Friday's ceremony.

Please call or e-mail Kenneth Moerbe or Ellie Lewis to let us know if your organization plans on participating.

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