

Re: Holiday Food Drive from November 11 through December 15th, 2011

Dear Marin Resident,

This year Sport & Spine Therapy of Marin is participating in the Food: The Perfect Gift drive to raise funds and food for the Marin Food Bank. I hope you will join me in this effort to help thousands in San Francisco and Marin who are at risk of going hungry this holiday season. With your help, the Food Bank will distribute food for holiday meals to more than 3,000 Marin households during the holidays. The Food Bank supplies food to local non-profit organizations that serve thousands of families, seniors, children and individuals. Here are two shocking facts about hunger in Marin:

- The majority of people receiving food assistance are not homeless. Over 60% of the clients who rely on the Food Bank live in homes with at least one working adult. They are working poor families and senior citizens whose incomes cannot stretch to pay basic living expenses and buy food.
- Children in our city are particularly at risk – one in five children in Marin is not getting enough food to eat.

Our goal is to raise 100 pounds of food and \$1000 dollars.

This is an excellent chance to make a difference in our community and I encourage you to be part of this important effort.

Here are ways to help!

Donate Funds: Visit : <http://holidaydrive.marinfoodbank.org/team/1277550123>

**With every dollar donated the Food Bank can distribute \$6 worth of food to those in need.

Donate non-perishable foods: Food Bank barrels are located at **88 Rowland Way, Suite 250, Novato** from November 11, through December 15th, 2011. The Food Bank particularly needs the following items:

- Tuna & Canned Meat
- Cereal
- Peanut Butter
- Beans, Rice, Pasta
- Soups & Stews
- 100% Fruit Juice
- Canned Fruits & Vegetables

No glass, please

Help Spread the Word: Forward this email to friends and family and encourage them to donate. Thank you in advance for your help! Together, we can no one goes hungry this holiday season.

Sincerely, The Sport & Spine Therapy Team!