

EMERGENCY FOOD NETWORK'S

HUNGER WALK

TAKING STEPS
TO FEED OUR
NEIGHBORS
IN NEED

RACE PACKET

In-Person Event: May 4, 2024

Virtual Event: May 1-31, 2024

THANK YOU TO OUR 2024 PRESENTING AND LEAD SPONSORS:

**TUCCI
FAMILY**



WASTE CONNECTIONS, INC.



Event Timeline

8:00: Check-in and event-day registration open

8:45: Zumba warm-up

9:00: Walk begins

11:00: Event Ends

Enjoy live music from the Possible Solutions and vendor booths throughout the event, and don't forget to take a picture at the EFN backdrop and share your photo using #EFNHungerWalk.

Frequently Asked Questions

What is the event route?

We'll start near the pavilion at Fort Steilacoom Park, head towards Waughop Lake, circle the lake three times, and then head back to the pavilion. The distance is about 3.33 miles (just a little bit longer than a 5K).

When does fundraising end?

We encourage everyone to keep fundraising throughout the month of May. You can keep using your fundraising page or bring donations directly to our office at 3318 92nd St. South, Lakewood 98499. Be sure to indicate that the donations are for the Hunger Walk and your fundraising page so we can credit everyone for their hard work. We'll share our final fundraising totals and the winners of gift cards to Salamone's Pizza after the event concludes on May 31.

Who am I helping at the Hunger Walk?

Proceeds from the Hunger Walk will help EFN provide Pierce County with a consistent, diverse, and nutritious food supply so that no person goes hungry. Each month, EFN provides our network of more than 75 partner food pantries, meal sites, and shelters with more than one million pounds of food, at no cost to them. EFN also provides direct service to community

members through our Home Delivery Program, providing food delivery to more than 200 families each week.

What impact does Emergency Food Network have in Pierce County?

Unfortunately, food insecurity is a problem in every community in America, including Pierce County. Basic needs like food, housing, and gas are becoming more expensive, leaving families with less disposable income.

Families experiencing food insecurity often share that they pay for rent, housing, transportation, and medicine and then use whatever is left for food. For many families, there simply isn't enough money left over after all their other bills are paid. Visiting one of our Partner Programs gives households a supplemental food source so they can afford their basic needs without going hungry.

How can I learn more about Emergency Food Network and local food pantries, meal sites, and shelters?

To learn more, visit us at efoodnet.org or find us on Facebook and Instagram!

THANK YOU
TO OUR 2024 PRESENTING SPONSOR:

TUCCI
FAMILY

EMERGENCY FOOD NETWORK'S

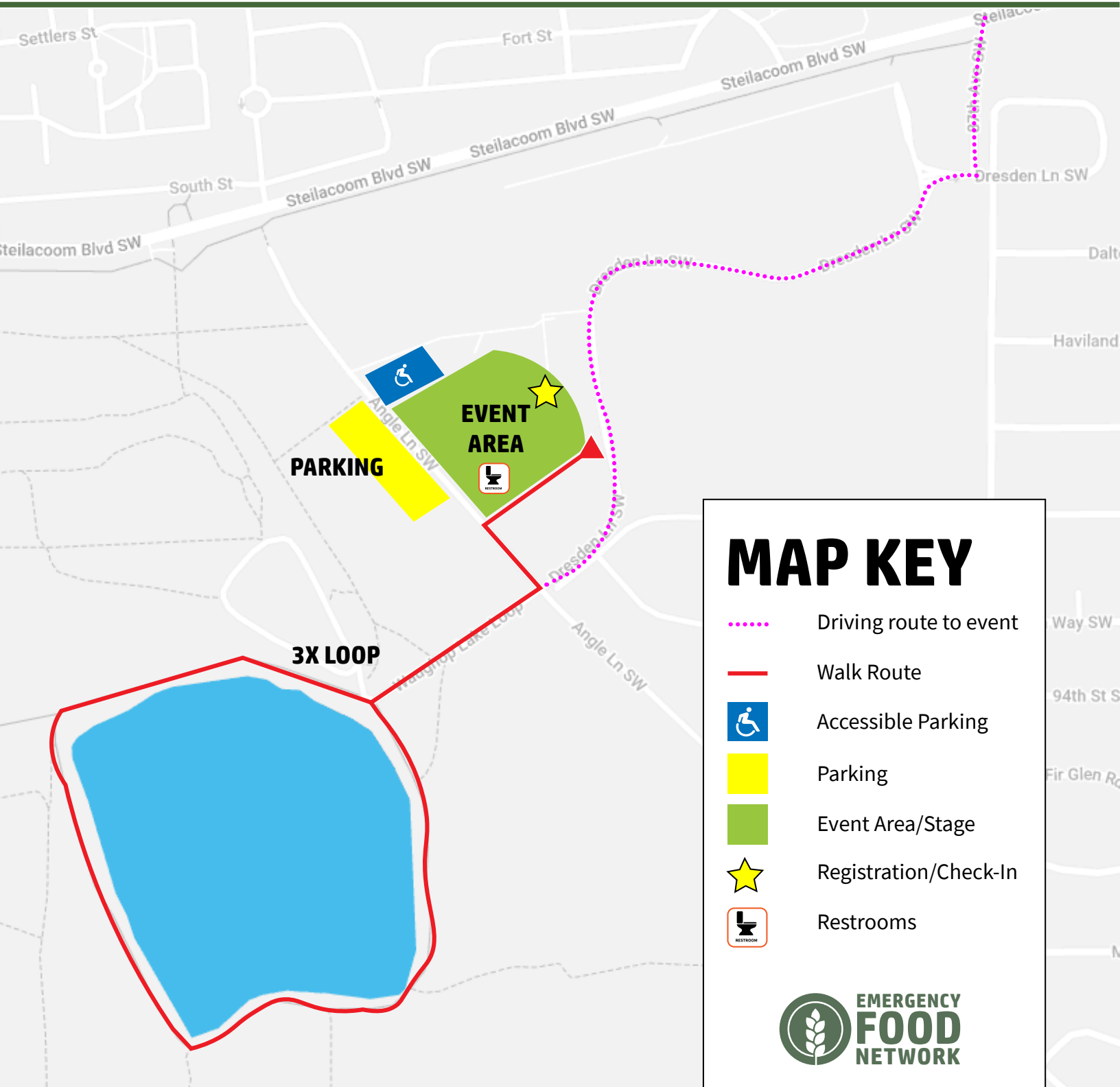
HUNGER WALK

TAKING STEPS TO FEED OUR NEIGHBORS IN NEED








MAY 4, 2024

8:00 am - Check-in Starts (Shirt and Bib Pick-up)
 9:00 am - Walk Begins

Fort Steilacoom Park
 8717 87th Ave SW, Lakewood 98498



MAP KEY

-  Driving route to event
-  Walk Route
-  Accessible Parking
-  Parking
-  Event Area/Stage
-  Registration/Check-In
-  Restrooms



THANK YOU
TO OUR 2024 PRESENTING SPONSOR:



WASTE CONNECTIONS, INC.

wasteconnections.com

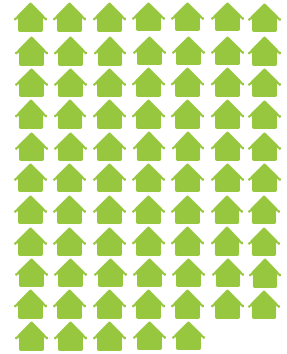
About Emergency Food Network

The mission of Emergency Food Network (EFN) is to provide Pierce County with a consistent, diverse, and nutritious food supply so that no person goes hungry. EFN is Pierce County's emergency food distributor, providing our network of more than 75 partner food pantries, meal sites, and shelters with over one million pounds of food each month, at no cost to them. By leveraging donated, purchased, and government food with fruits and vegetables grown at our Mother Earth Farm, EFN distributes 2 meals for \$1.

In 2023:



75+
Food Pantries,
Meal Sites,
and Shelters
Served by
EFN



www.efoodnet.org

THANK YOU
TO OUR 2024 LEAD SPONSOR:



molinahealthcare.com

I WALK BECAUSE

#EFNHUNGERWALK

LEARN MORE AT WWW.EFOODNET.ORG



Hunger Awareness Month: Get Involved!

Keep Fundraising for the Hunger Walk!

We encourage everyone to keep fundraising throughout the month of May. You can keep using your fundraising page or bring donations directly to our office at 3318 92nd St. South, Lakewood 98499. Be sure to indicate that the donations are for the Hunger Walk and your fundraising page so we can credit everyone for their hard work.

"Stamp Out Hunger" Food Drive • May 11

This one day event contributes to more than 200,000 pounds of food for our neighbors in need! All you have to do is leave your bag of canned food donations at your mailbox on Saturday, May 11, we'll do the rest!

EFN Campus Tour • May 17 at 12 PM

Want to get an inside look at how EFN distributes more than 1 million pounds of food each month? Join us for a tour at our Lakewood Campus, which includes our warehouses, to see how we do it!

RSVP at efoodnet.org/hungerawarenessmonth

Restaurant Takeovers:

Thank you to the following restaurants for supporting Hunger Awareness Month! Stop by these local favorites and enjoy good food while supporting EFN.

- **May 15-16: Oddfellas Pub & Eatery** – From 4 – 9 PM, 25% of sales on selected menu items will go to EFN!

- **May 21: Lakewood Hops n Drops** – 25% of the day's proceeds will go to EFN, along with nonperishable food items collected from their Food Drive!
- **May – June: Wooden City** – \$1 of every Draft Old Fashioned purchased will be donated to EFN!

VOLUNTEER OPPORTUNITIES

To sign up for a volunteer opportunity, please visit our Volunteer Portal on the EFN website or email evanm@efoodnet.org.

Mother Earth Farm

Join us outside as we weed, seed, and feed our neighbors in need on our 8-acre organic farm in Puyallup!

Repack Project

Gather your crew to scoop and pack bulk rice, oats, pasta, or produce into family-sized portions for your neighbors in need! Individuals sign up here.

Host a Food & Fund Drive

Collect food and funds for our neighbors in need! We are encouraging people to have a peanut butter-specific drive during this time of year. To learn more, and sign up to host a drive, visit our website.

THANK YOU
TO OUR 2024 COMMUNITY
SPONSORS:

MultiCare Health System
TwinStar Credit Union
TOTE
TrueBlue

EMERGENCY FOOD NETWORK
**HUNGER
 AWARENESS
 MONTH**

EFN Events Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Virtual Hunger Walk - all month long! Community Repack 12-2 PM	2 Wooden City Restaurant - EFN Fundraiser May - June	3	4 Hunger Walk 8-11 AM at Fort Steilacoom Park
5	6	7 GiveBIG Day of Giving	8 GiveBIG Day of Giving	9 Community Repack 9-11 AM	10	11 "Stamp Out Hunger" Food Drive at Post Offices across Pierce County
12	13	14	15 Oddfella's Restaurant - EFN Fundraiser	16 Volunteer at Mother Earth Farm 9 am-12 PM	17 EFN Warehouse Tour; 12 pm Community Repack 9-11 AM	18
19	20	21 Hops n Drops Restaurant (Lakewood location) - EFN Fundraiser	22	23 Community Repack 12-2 PM	24	25
26	27	28	29	30 Volunteer at Mother Earth Farm 9 am-12 PM	31	

THANK YOU
TO OUR 2024 SUPPORTING SPONSORS:

Matson[®]

matson.com



UMPQUA
B · A · N · K

umpquabank.com



**Virginia Mason
Franciscan Health**[™]

vmfh.org

**Zack Rosenbloom
& Associates**

**Facebook: Raymond James Financial
Services Terri Stewart and
Zack Rosenbloom**