



# ALL ABOUT FOOD

~ COMMUNITY WALKATHON ~

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## EVENT DETAILS:

Sunday, October 16<sup>th</sup> registration and pledge drop off starts at 12:30 p.m. at Dalhousie Food Cupboard, (211 Bronson Ave) the walk begins at 1 p.m., ending at Parkdale United Church.

The walk is 2.7 km long; maps will be provided at the starting point. Transportation back to Dalhousie Food Cupboard after the event can be provided.

Agency tours will be offered so you can learn more about the important work we do.

**Light refreshments provided**

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## WHO AM I SUPPORTING?



St Luke's Table is a day program that welcomes over 50,000 visits each year from individuals who are in need of a safe and supportive environment. Along with breakfast and lunch, we provide: recreational and social support services. To learn more about us go to [www.stlukestable.ca](http://www.stlukestable.ca) Reg#108084658RR0030



At the Parkdale Food Centre, we believe that everyone should have access to healthy, nutritious food. If you are an individual or a family facing an emergency food shortage at home, we're here to help. [www.parkdalefoodcentre.ca](http://www.parkdalefoodcentre.ca) Reg#889365003RR0001



On most Saturdays between 2 and 5 PM, from November to March each year, Parkdale United Church's In from the Cold Program, provides a warm, friendly environment where guests who are experiencing poverty or other challenges can come together and enjoy a delicious meal. [www.parkdaleunitedchurch.ca](http://www.parkdaleunitedchurch.ca) Reg#107815201RR0001

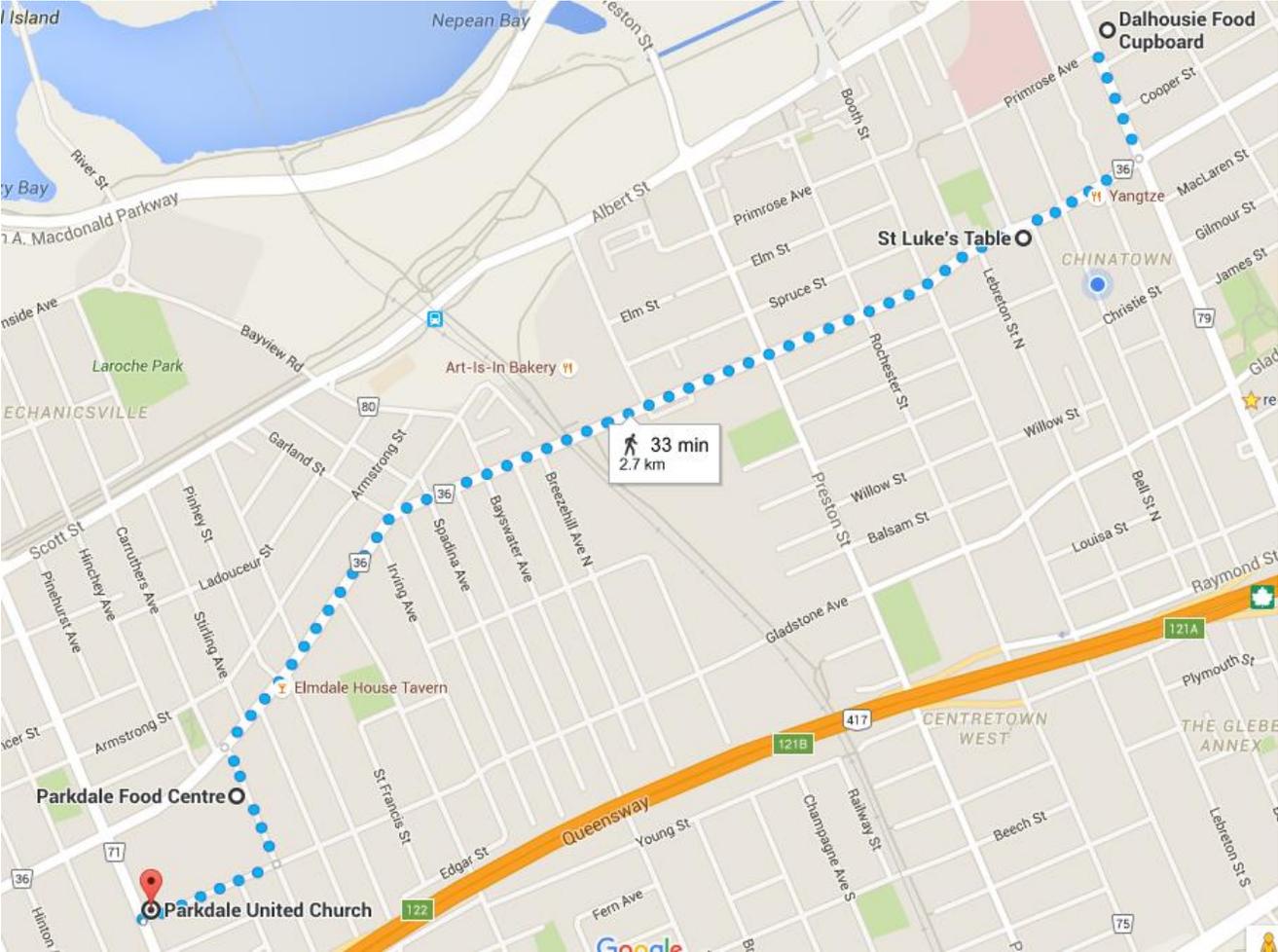


The Dalhousie Food Cupboard (DFC) is a Community Food Bank operating in collaboration with the Ottawa Food Bank. DFC's mandate is to provide food to ease the financial burden of those residents in our serving area who are unable to purchase a steady supply of groceries. [www.dalhousiefoodcupboard.ca](http://www.dalhousiefoodcupboard.ca) Reg#135775500RR0001

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**Route Map:**

Here is the Route we will follow for the walk. It should take about 45min to complete. We will briefly stop at all the participating agencies to tell participants about our organizations and the important work we do.



**Thank you for your support!**