



HELP STOP THE FOOD CRISIS IN APPALACHIA



SPONSORED BY



Hunger Walk Toolkit

September 15, 2022



ABOUT CHRISTIAN APPALACHIAN PROJECT

Christian Appalachian Project (CAP) is a non-profit organization in Appalachia committed to serving people in need through self-help human service programs. Since its start by Rev. Ralph W. Beiting, a young Northern Kentucky priest, in 1964, CAP has been committed to its mission of building hope, transforming lives, and sharing Christ's love through service in Appalachia.

CAP primarily works with children and their families, seniors, and individuals with disabilities, to provide the basic needs of food, clothing, and shelter. CAP offers a variety of targeted programs and services to meet the incredibly diverse needs of people in the region.

For nearly 60 years, CAP has served the region through its mission. With the help of donors, employees, volunteers, and the communities



it serves, CAP will continue to restore hope for thousands of children, families, and seniors in Central Appalachia.

For more information about CAP, visit christianapp.org.

ABOUT HUNGER WALK

Hunger Walk was started by CAP's Grateful Bread Food Pantry staff in 2012 as an effort to raise community awareness about food insecurity in Rockcastle County, where the pantry is located. September is Hunger Action Month and Hunger Walk takes place each year on the third Thursday of September.

The mission of Hunger Walk is to collect food items and funds to help CAP's food pantry network continue to fight hunger and feed hope in Appalachia. CAP's food pantries include Grateful Bread Food Pantry in Rockcastle County; Eagle Food Pantry in McCreary County; and our partner pantry, Water Into Wine, in Magoffin County.

This is a dynamic event where supporters can join at CAP-sponsored locations or host their own in-person walking events. Walkers can also create virtual teams and walk whenever and wherever is best for you.



DISCLAIMER: Hunger Walk events hosted directly by CAP are subject to becoming virtual or symbolic events due to COVID-19 restrictions in the state or the communities we serve. We encourage our partners to make the best decision for their organizations or institutions as to whether to host an in-person or virtual event.

OUR FOOD PANTRIES

Grateful Bread Food Pantry

CAP's Grateful Bread Food Pantry is located in Mt. Vernon, Rockcastle County. On average, the pantry serves around 800 families each month. Grateful Bread also serves seniors through the Community Supplemental Food Program (CSFP) boxes (also known as commodity boxes) and provides food backpacks for students identified by the local schools as at risk for hunger. One in four children in Rockcastle County face food insecurity.



Eagle Food Pantry

CAP opened Eagle Food Pantry in Parkers Lake, McCreary County in June 2021. The pantry currently serves more than 150 households, but that number continues to grow each week. Eagle Food Pantry also provides commodity boxes to seniors and is working with local schools to begin providing food backpacks to students, like Grateful Bread Food Pantry. Eagle Food Pantry is expanding to a 2,760 square foot facility that will have offices, a covered area for drive-thru service, a shopping area for participants, freezer space for perishable items like meats, and a loading dock to accommodate large deliveries for the pantry.

Water Into Wine

Water Into Wine is a partner pantry of CAP and is located in Magoffin County. The pantry provides food to 700 households a month on average and also provides commodity boxes to seniors. Water Into Wine is the largest pantry in Magoffin County and distributed more than 1 million pounds of food during 2021, in addition to 3 million pounds of other essentials, including furniture. Water Into Wine has been a partner with CAP since 2017.



HOST A FOOD COLLECTION (CHURCHES, BUSINESSES, YOUTH)

You can help fight hunger and feed hope through your church, school, or business by collecting nonperishable foods for children, their families, and seniors in Appalachia. If you would like to collect food, CAP will supply a blue branded collection barrel(s) for your facility, in addition to black collapsible pallets to organize the collected food for pickup.

Food collections for Hunger Walk begin between early to mid August when the barrels are dropped off at participating locations and end in early September. Staff from CAP's Grateful Bread Food Pantry will coordinate pick up of donated food beforehand so the collected items can be counted toward the grand total of pounds raised for Hunger Walk 2022.



TEACH HUNGER AWARENESS (GRADES PK-12/YOUTH)



In addition to collecting food, we also encourage our participating schools (preschool-12th grade), to teach students about food insecurity in Kentucky and other parts of the world during your food collection and leading up to Hunger Walk. Use this opportunity to help them understand how their food collection will make an impact and how they are making a difference by participating in Hunger Walk. CAP can provide statistics of Appalachian food insecurity in our service counties and stories of our participants who are helped by Hunger Walk, if needed.

An example of an interactive hunger awareness activity done by Lexington Christian Academy for elementary age students includes a station rotation. The outline of the activity is as follows:

Station 1:

Food Facts #1 – One in four children in Eastern Kentucky are food insecure.

- Ask students what they think food insecure means (the state of being without reliable access to a sufficient quantity of affordable, nutritious food).
- Ask what for ideas of what we can do to help children who are food insecure.

Station 2:

Pass the Plates – Relay race game #1 for a mental break.

- Directions: Split your class into two teams (Maybe just split by number order for ease). Have both groups line up side by side with about an arm's length in between each student. Have the students pass the plate down the line to see who can do it the fastest. Then do it again and see if there is a different result.
- If time for variation: Put a can on each plate. If the can falls, that team has to start over. See who can do it the fastest.

Station 3:

Food Facts #2 – One in seven over 60 are food insecure.

- Ask students what they think food insecure means (the state of being without reliable access to a sufficient quantity of affordable, nutritious food).
- Ask them to think about their grandparents, older neighbors, older friends, etc. and imagine if they were going hungry.
- Talk about Hebrew 13:16 “And do not forget to do good and to share with others, for with such sacrifices God is pleased.”



Station 4:

Prayer Time #1 – Pray over people in Kentucky who are food insecure.

- Some points of emphasis – Pray for people in this state who are food insecure.
- Pray they receive the food they need and that they come to know Jesus if they do not already.

Station 5:

Food Facts #3 – Christian Appalachian Project can provide three meals a day per person at \$2.40.

- Ask students what they think a meal at McDonald's would cost or at their favorite restaurant.
- Help them see that it isn't necessarily expensive or hard to help those in need, it just takes action.
- Talk about Acts 20:35 “In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’”

Station 6:

Can Stack – Can stacking game #2 for mental break.

- Directions – Have students break into their two teams just like you are doing in game #1. There will be two sets of cones. Have both teams line up behind one set of cones. Students will have to race one at a time with a can in hand to the other set of cones and start to stack the cans. Do this until the first team stacks a pyramid. If you have more cans than students, have the extra students still run the race just without a can. First group to finish stacking, with everyone having run and seated at the cones they started at, wins.



Station 7:

Food Facts #4 – Food insecurity/hunger is a big problem that effects people around us and people all over the globe.

- As Christians, we are told to love our neighbor as ourselves. One way to do that is by helping people who need it.
- We collected food on Monday so that we can love people by sharing what we have with them.
- Ask you students what they can share to help other people in the future (time, food, talents, other resources).

Station 8:

Prayer Time #2 – Pray over people in the world who are hungry.

- Some points of emphasis – Pray for people all throughout the world who are food insecure. Focus on people in other countries.
- Pray they receive the food they need and that they come to know Jesus if they do not already.
- Proverbs 22:9 “The generous will themselves be blessed, for they share their food with the poor.”

RAISE FUNDS FOR OUR FOOD PROGRAMS (COLLEGES)

CAP appreciates all nonperishable food items donated to our pantries, as they are a vital part in helping to provide food for children, their families, and seniors in Appalachia. Here’s how financial donations increase impact exponentially.

What impact do monetary donations make in our food pantries?

Rather than paying retail prices, our pantries work with our partners like God’s Pantry Food Bank who secure healthy food from major manufacturers, retailers, and farmers. This means that when you donate a dollar, you’re able to put more meals on the tables of families than if you donated food you’d purchase at the store. Therefore, we encourage colleges, universities, and businesses interested in participating in Hunger Walk 2022 to consider collecting monetary donations to go toward our food programs.

CAP can provide three meals for one person for \$2.40, or 80 cents per meal. Donations also



help cover the cost of picking up food items from our partners. As supply chain issues continue and the cost of transportation rises, monetary donations can make a powerful impact in fighting hunger.

FIVE STEPS TO GETTING STARTED

Step 1: Register to be a virtual walker.

Use the fundraising link provided by CAP to set up your virtual fundraiser. See the step-by-step example on the following pages on how to create and customize your fundraising page.

Step 2: Set an attainable goal.

CAP does not set or require a minimum goal to be raised for each fundraiser. We encourage you to challenge yourself. People will be more motivated to get involved if they feel that their contribution will have an impact in helping you reach your goal. Your network wants you to succeed!

Step 3: Know your “why.”

Why are you raising funds for Hunger Walk? Your network of supporters will be interested in learning about the programs and services that Hunger Walk supports. They will also be interested in knowing why you’ve supported Hunger Walk and CAP. Engage your supporters by sharing the mission of Hunger Walk and the impact our pantries make in Appalachia. CAP can provide an event fact sheet,

regional hunger statistics, talking points, stories about our pantry participants, and other materials to help support your fundraising.

Step 4: Who should I reach out to when raising funds for the walk?

It’s time to build your team of supporters. Break out your phone, scroll through your social channels and email list, and create a list of people you interact with and want to ask for support. Your supporters can include friends, family members, neighbors, classmates, or coworkers.

Step 5: Ask, ask, and ask again.

Having your supporter contact list ready to go will allow you to hit the ground running with your outreach. Once your supporter list is finished, contact every single person on it. People give because they are asked. If you don’t ask, the answer will always be no. It might even surprise you who gives! And remember, don’t feel bad about asking twice. Friends and family members may miss an email or text, so reach out again or give them a call.



BECOME A VIRTUAL WALKER



YOU can fight hunger and feed hope to help children, their families, and seniors in Appalachia who face food insecurity.

You can participate in our virtual event during the month of September and walk whenever and wherever in support of Hunger Walk. Through our digital platform, you can create a team to raise donations to go toward our food program. The walking is real—it's the community that's virtual. With a virtual walk, you pick where you do it, who you do it with, and what time you start.

What if I can't do it on September 15?

That's perfectly OK! One of the exciting things about a virtual event is the flexibility. Sign up and walk when you can. REMEMBER: Orange is the color of Hunger Walk. We'll be sharing photos on our social media that day, and hope you will too—but we'll be excited to hear about your walk whenever you do it.

Can I walk with a group?

Yes! When you sign up, you'll have the option to join or create a team, which works great for friends, coworkers, or other groups who want to sign up and walk together. You can also join teams after you've registered.

Can I share my story?

Yes! If you share your "Why I Walk" story with us on social media, you can enter for a chance to win CAP gear. Tag us and use our event hashtag so we can see your Hunger Walk. We want to know what inspires you and your team to walk!

#HungerWalk2022

@ChrisAppProj



CREATE A VIRTUAL FUNDRAISER

The screenshot shows a virtual fundraiser page for 'Hunger Walk 2022' with the tagline 'Fighting Hunger, Feeding Hope'. It is a fundraising campaign for the Christian Appalachian Project. The page features a progress bar showing \$0 raised out of a \$100,000 goal, with 0 donors and 103 days left. A 'START FUNDRAISING' button is prominently displayed. Below the progress bar is a video player for the Christian Appalachian Project, with the URL christianapp.org. To the right, there are social sharing options for Twitter and Facebook, a 'Top Fundraisers' section showing Brianna Stephens as the fundraising champion with \$0.00 raised, and a 'Recent Contributors' section with a 'BE THE FIRST!' button.

To participate in Hunger Walk virtually, visit our virtual event page to create your online fundraiser. Click the orange “Start Fundraising” button in the box at the top of the page to create your fundraiser. You will be asked to enter your email and a password for your Give Gab fundraising account.

The screenshot shows a fundraising dashboard for Brianna Stephens's 'Hunger Walk 2022' fundraiser. The dashboard includes a navigation menu with options: Tell Your Story, Make a Donation, Reach Out, Share Socially, and Give Thanks. A 'Progress' section shows 0% raised of a \$300 goal, with 103 days left, 0 donors, and 0 emails sent. A 'Share your fundraiser!' section provides a URL: <https://www.givegab.com/p2p/hunger-wa> and social sharing buttons for Twitter and Facebook. A 'Your Team' section offers a link to 'Join or create a fundraising team'.

Once you have created your account, you can personalize your fundraiser using your fundraising dashboard (which can be found by clicking your name in the top right corner, then personal dashboards, then click on the dashboard button of your fundraiser). In your dashboard, click through each tab to enter information.



Brianna Stephens's fundraising dashboard for Hunger Walk 2022

Complete the steps below to be sure that your fundraiser is successful.

Tell Your Story

Fundraiser Display Name

If you'd like your page name to be something other than your first and last name, enter that here.

Your Story Image



Set A Goal

\$ 300 .00

Video Link (YouTube or Vimeo)

Your Phone Number

This will not be displayed publicly.

Tell Your Story

GT America Formatting A B I U

I support this organization's mission and I want it to have a greater impact on the community.

Progress

0%

\$0	103
Raised of \$300 Goal	Days Left
0	0
Donors	Emails Sent

Share your fundraiser!

<https://www.givegab.com/p2p/hunger-wa>

Your Team

[Join or create a fundraising team](#)

Under “Tell Your Story” in your dashboard, you can create a display name for your fundraiser, set your goal, edit your fundraising photo, and share your story about why you are supporting Hunger Walk. These details will appear on your fundraising page for anyone to see.



Brianna Stephens's fundraising dashboard for Hunger Walk 2022

Complete the steps below to be sure that your fundraiser is successful.

Tell Your Story

Make a Donation

Start your campaign off right. Make the first donation to show your commitment to the cause. This will give your campaign the momentum it needs as you share it out to others.

[Donate](#)

Reach Out

Share Socially

Give Thanks

Progress

0%

\$0	103
Raised of \$300 Goal	Days Left
0	0
Donors	Emails Sent

Share your fundraiser!

<https://www.givegab.com/p2p/hunger-wa>

Your Team

[Join or create a fundraising team](#)

Under “Make a Donation” in your dashboard, you have the option to make the first donation toward your goal.



Brianna Stephens's fundraising dashboard for Hunger Walk 2022

Complete the steps below to be sure that your fundraiser is successful.


Tell Your Story


Make a Donation


Reach Out

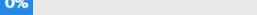
We know asking people for donations can be scary, so consider reaching out to close family members or friends first. This will help build some momentum for your campaign and give you the confidence you'll need when reaching out to others.

[Send Email](#) [Access Contacts](#)

Note: We recommend importing no more than 25 contacts at one time to prevent errors.

Name	Email	Emails Sent	Actions
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Progress

0% 

\$0 Raised of \$300 Goal

103 Days Left

0 Donors

0 Emails Sent

Share your fundraiser!

<https://www.givegab.com/p2p/hunger-wa>

Your Team

[Join or create a fundraising team](#)

Under “Reach Out” you can send emails and keep a list of contacts you have reached out to about your fundraiser.



Brianna Stephens's fundraising dashboard for Hunger Walk 2022

Complete the steps below to be sure that your fundraiser is successful.


Tell Your Story


Make a Donation


Reach Out

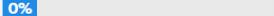

Share Socially

Share Your Hunger Walk 2022 Page!

<https://www.givegab.com/p2p/hunger-walk-2022/brianna-stephens-d64d04ff-d188-47ec-846b-bi>

Progress

0% 

\$0 Raised of \$300 Goal

103 Days Left

0 Donors

0 Emails Sent

Share your fundraiser!

<https://www.givegab.com/p2p/hunger-wa>

Your Team

[Join or create a fundraising team](#)

Under “Share Socially” you can share the link to your Give Gab fundraiser for Hunger Walk on social media. A shareable link for your fundraiser can also be found in the “Progress” panel to the right on your dashboard page.



Brianna Stephens's fundraising dashboard for Hunger Walk 2022

Complete the steps below to be sure that your fundraiser is successful.

- Tell Your Story
- Make a Donation
- Reach Out
- Share Socially
- Give Thanks

No Donors... Yet!

While you're waiting for your donations to start rolling in, why don't you get the ball rolling by being the first to donate?

Be the First!

Progress

0%

\$0 Raised of \$300 Goal

103 Days Left

0 Donors

0 Emails Sent

Share your fundraiser!

<https://www.givegab.com/p2p/hunger-wa>

Your Team

[Join or create a fundraising team](#)

Under "Give Thanks" you can say thank you to the people who have donated to your fundraiser.



I support the mission of Hunger Walk because no one should go hungry. Help me fight hunger and feed hope in Appalachian communities by raising donations for Christian Appalachian Project's three food pantry programs in Rockcastle, McCreary, and Magoffin Counties.

About this Campaign

Brianna Stephens
Fighting Hunger, Feeding Hope

Christian Appalachian Project (CAP) is the largest nonprofit organization serving Appalachia exclusively. CAP primarily works with children and their families, seniors, and individuals with disabilities to provide the basic needs of food, clothing and shelter.

Share this Fundraiser!



Recent Contributors

Looks like no one has donated yet. Be the first to contribute to this campaign.

BE THE FIRST!

Now that you have updated your information, you can view what your fundraising page looks like in real time. Be sure to monitor your fundraiser's progress, share your link on social media, and send thank you messages for each donation you receive. If you have any questions about your fundraiser, reach out to Tina Bryson at tbryson@chrisapp.org.

SOCIAL MEDIA PROFILE PICTURE FRAME

While you can share your fundraiser on your social media accounts, you and your friends and supporters can show your support for Hunger Walk by adding a special frame to your Facebook profile picture. The frame features Hunger Walk's tagline, "Fighting Hunger, Feeding Hope" in addition to the event logo, all in orange, the color for Hunger Action Month.

The frame will be available for Facebook users starting September 1. To add the frame to your profile picture, go to your Facebook profile, click on your profile photo, click upload profile picture, and then click "Add Frame." In the search bar, type in Christian Appalachian Project Hunger Walk, and the frame should appear in the search options. Click on the frame to select it, adjust your photo as needed, add a description explaining why you support Hunger Walk and encourage your friends to also use the frame. Finally, save your new profile picture.



FUNDRAISING TIPS



You've probably already thought about some ways to reach your fundraising goal. Read on for a few tips on how to make fundraising money fun and effective.

Post and Share

Social media can often be your best platform for reaching wide audiences. The more times you share what you're doing and tag Christian Appalachian Project (@ChrisAppProj) and use our #HungerWalk2022 hashtag, the better your chances are that your friends and family will see your posts and donate online using the fundraising page you create. Keep your posts fresh and engaging by using a different statistic or photo each time! Remember, CAP can help provide event and regional facts, images, or whatever you may need for your fundraising efforts.

Tell people why Hunger Walk is important and the impact raising awareness and funds for food insecurity in Appalachia can make.

If you ask, they will give.

Remember, your friends and family will want to support you and a cause you believe in. A personal email or text message is the number one most effective fundraising method and you will most likely need to follow up multiple times.

Make it as easy and seamless as possible for people to donate.

Whether that means posting a direct link to social media or including it in your text/email, or asking for people to Venmo you for you to them pass along the donation toward Hunger Walk, get creative with how you accept donations, creating as few steps as possible for your friends and family to donate.

Life happens.

Reminders are not a bad thing. Follow up and share why their donations matter and that now is the time to give. Asking for support in-person may have the most success, but be sure to call, text, or email others.

Matching Donations.

Ask your donors about matching gifts to double their donations. Many companies support charitable giving by matching employee gifts. Donors can learn more about matching workplace gifts by asking their human resources representative.

Thank you!

Thanking your supporters with a handwritten card, text/email, or shout out on social media is a great way to show your appreciation for their support and future support.

HOW TO RAISE \$300 IN A WEEK?

Day 1: Start by making a personal donation of \$50.

Day 2: Share your personal page with family members and ask them to sponsor you for \$20 each.

Day 3: Email three coworkers asking them for a contribution of \$15 each.

Day 4: Post your participation on Facebook asking at least four of your friends to sponsor you for \$10 each.

Day 5: Reach out to five neighbors and ask them to contribute \$15 each.

Day 6: Ask your employer to match your personal contribution of \$50.

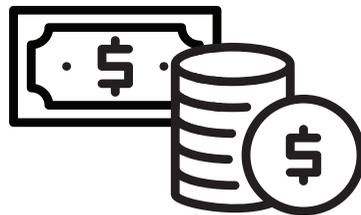
Day 7: Thank all your donors! You have made it to \$300, but don't stop there!

The answer is always no, unless you ask!





HOW ARE THE RAISED FUNDS USED?



CAP can provide a *child* three meals a day for **\$1.98.**



CAP can provide an *adult* three meals a day for **\$2.40.**

Together in a year, Grateful Bread Food Pantry, Eagle Food Pantry, and Water Into Wine distribute around **1.5M** pounds of food.



FIGHTING
HUNGER
FEEDING
HOPE



Grateful Bread Food Pantry serves nearly **150** students each week through its Backpack Program.



Every penny you raise will help CAP's food pantries continue to address hunger needs in Appalachia. Share these facts with your supporters to help them know exactly what needs are addressed with the funds they donate.

IN-PERSON WALK ON A COLLEGE CAMPUS

When hosting an in-person event on a college campus, consider the following:

Registration Form

CAP will provide digital registration form with a media release for each host site. A registration form and media release must be completed for each participating walker before the event begins. The registration form includes the participant's name, emergency contact information, and a liability waiver for CAP and the host institution.

Media Release Form

An event media release form must be signed by all participating walkers. The media release form must be completed at the time of registration. The media release will give CAP and the college or university permission to use images (photos/videos) of event participants in any publications or other media, including but not limited to social media, TV ads, promotional videos, and website content.

Registration Fee

Hunger Walk is a fundraising event. The \$5 registration fee covers the cost of an event T-shirt for each participant. The deadline to register and be guaranteed a t-shirt is September 1, so make sure to register by the deadline.

Involvement

Similar to fundraising efforts, is this physical walk open to the entire campus or one specific student group?

Walking Space

Does your campus have a track, walking trail, or an area that is safe for a Hunger Walk event? If not, is there a local park or trail where you could host a Hunger Walk?



COUNTDOWN TO PLANNING AN IN-PERSON WALK

When planning an in-person walk, consider this countdown checklist to stay on track:

January/February

- Determine if your campus will host an in-person event and brainstorm a plan of what it could look like.
- Who will be participating in the walking event? About how many people will be walking?
- Think about how many event T-shirts will be needed. Shirts are ordered in June.

March

- Finalize draft of plans and present to CAP.
- Continue event planning and how to promote Hunger Walk before the end of the semester.
- Determine promotion and awareness of the event and food insecurity in Appalachia. Is this social media, email blast, flyers, signs, etc.? Will there be promotion on the actual day of the event, such as Facebook Live, Instagram Stories, social media posts, or website posts?

April/May

- Send number of T-shirts needed to Communications by mid-May or sooner if indicated by CAP staff.
- Discuss and confirm the location of your event.
- Begin working with CAP to plan needed collateral for promotion (fact sheets, talking points, social media images, stories, past event photos, videos, flyers, registration forms, fundraising pop-up banners, etc.)
- Extend invitation to dignitaries and potential walkers (whether it is a specific student group or campus-wide).

June

- Continue discussing day-of event plans.
- Try to finalize the collateral you will need from CAP to promote both the fundraising and in-person Hunger Walk event on your campus.
- Consider who you would like to speak at this event.
- Give an update on your event planning to CAP during the monthly meeting.



July

- Continue discussing event plans.
- Give an update to CAP on your planning during the monthly meeting.

August

- Send out Save the Dates the first week to dignitaries, faculty, staff, and students if that has not been sent to them already.
- Continue promotion of fundraising and in-person event to students as they come back to campus. Use or request collateral from CAP Communications. CAP can share talking points, fact sheets, and stories about our food programs.
- Finalize speakers and dignitaries.
- Give an update to CAP on your event planning during the monthly meeting.

September

- Wrap up any last minute planning.
- Continue to promote the in-person event, as well as the digital fundraising. Remember, CAP can provide pop-up banners for your campus that includes a QR code to donate towards food insecurity.
- Distribute or print out registration forms for walkers.
- Reach out to CAP to give a final update of what your day-of event will look like.

EMPLOYEE ENGAGEMENT

At CAP, employees can support Hunger Walk by participating in the CAP-wide food collection and the event walk on September 15. The following elements are needed to help organize employee engagement:

Hunger Walk Captains

One to two employees or volunteers from each CAP office/location will be designated the Hunger Walk captain. It is their job to organize the food collection, employee registration, and a walking event, if desired, at their location.

Hunger Walk captains should represent these CAP locations:

- Philanthropy (one captain)
- CV Human Services Office (one captain)
- CV Maintenance/Risk Management/Elderly Services Building (one captain)
- CFDC (one captain)
- Eagle Community Center Campus (one captain)
- Camp AJ and McKee Office (up to two captains)
- CV Human Resources/Finance Building (one captain)
- Volunteer Program (one captain)
- CV Family Advocacy and Home Repair Building (one captain)
- Grateful Bread/Grateful Threadz (one captain)
- Operation Sharing Corbin (one captain)
- Paintsville HQ (up to two captains)
- Foley Mission Center (one captain)

Food Collection

Hunger Walk captains will distribute collection bags to employees to collect their food donations. The bag will include a list of needed food items for the pantries printed on the front. When an employee is ready to turn in their donation, they will place their bag in their location's blue collection barrel.

*****Note: Food may need to be organized in crates for easy pick-up/delivery to pantries. Check with Communications/your designated**

MOST NEEDED ITEMS



» CANNED GOODS

Vegetables

Fruits

Meats/Tuna

Soup

» GRANOLA BARS

» PEANUT BUTTER

» JELLY (*plastic jar*)

» CEREAL

pantry for more information on how to prepare the donations for pickup. Captains should return food collection bags and blue barrels by the end of September.

We encourage Hunger Walk captains to take photos of employees adding their donations to the barrel. Once an employee has turned in their donation, they should notify their captain and complete a registration form.

Employee Registration Form

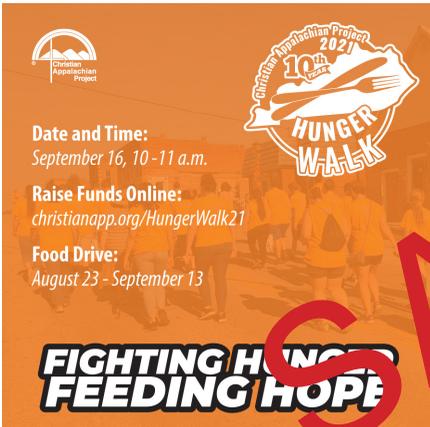
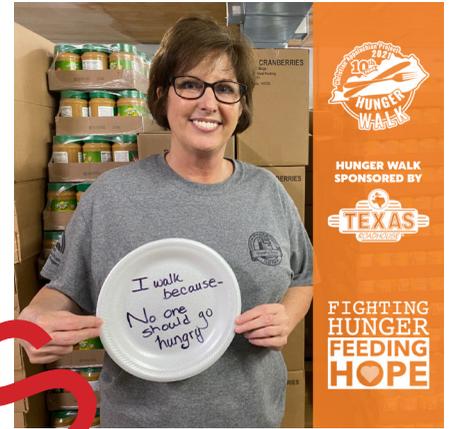
A Hunger Walk employee registration form will be created in GoCanvas by Communications and pushed out to employees. The form is used to track shirt sizes of employees for easy distribution when event shirts are delivered to offices. When the form is submitted to GoCanvas, Hunger Walk captains will get a notification. It is the captain's responsibility to collect the forms for the employees/volunteers in their office.

Walking Event

It is up to each CAP office as to whether or not they will walk on their campus or attend a Hunger Walk event. Supervisors/managers should be included in this discussion.

BRANDED MATERIALS

CAP can provide some printed materials as well as logos, images for social media, flyers, an event fact sheet, a registration form template, and other promotional assets to organizations that would like to host an in-person event or virtual fundraiser. For access to these assets or to make a creative design request, contact Tina Bryson, CAP director of communications, at tbryson@chrisapp.org.



REGISTRATION AND FEES: To register in advance, please return the completed form below with two nonperishable food items to the church which will be donated to Grateful Bread Food Pantry. Additional donations are welcome.
TO CREATE AN ONLINE FUNDRAISER FOR FAMILY AND FRIENDS: Visit www.christianapp.org/HungerWalk21.
QUESTIONS: Contact Angie Howard at 606.308.1921 or ahoward@chrisapp.org

HUNGER WALK REGISTRATION FORM

Fill out completely and bring with you the day of the walk or return to First Baptist Church, 340 W. Main St., Mt. Vernon, KY 40456

Last Name _____ First Name _____ Gender _____
 Address _____ City _____ State _____ Zip Code _____
 Email _____ Phone _____ Walker Modified Course _____
 In case of emergency, call _____ Phone _____

ATHLETE'S RELEASE: TO PARTICIPATE, YOU MUST SIGN AND DATE BELOW
 I have the ability to physical activity. I should not enter a walk unless I am medically able. I agree to abide by any decision of a walk official relative to my ability to complete the walk. I assume all risks associated with walking and/or participating in the aforementioned walk, including but not limited to falls, contact with other participants, wildlife encounters, the effects of weather including high heat or humidity, ice and snow, and all other risks of the road and traffic and the consequences of such being known and accepted by me. I hereby read the release and knowing that I am in consideration of your acceptance of my application. I, for myself and anyone enrolled to walk on my behalf, waive and release Christian Appalachian Project, and all member churches, and all former participants, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though the liability may arise out of negligence or omissions on the part of the event staff. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.
 Participant's Signature (If under 18, parent's signature) _____ Date _____
Due to insurance regulations, we only allow adults, minors, or dogs not on a leash or allowed on the course during the walk. Use of foodies or cashless is discouraged.

HUNGER WALK SPONSORED BY

FRIENDS OF CAP

David's Tire Center
 South Central Pool
 Lumber King
 Wal-Mart
 Community Trust Bank
 Rockcastle Regional Hospital
 Rockcastle County Schools
 City of Mount Vernon
 Rockcastle County Chamber

**THURSDAY, SEPT. 16, 2021
 11:30 a.m. - 12:30 p.m.**

You never know who's battling hunger. 1 in 4 children goes hungry every day in Appalachia. You can help end the powerful grip hunger has on children.

Christian Appalachian Project's Hunger Walk raises awareness and financial support to provide nutritious meals to children, their families, and seniors in Appalachia.

Please join us for this event at First Baptist Church Mount Vernon.
#HungerWalk21

Raise Funds Online:
christianapp.org/HungerWalk21

More Information:
 Contact Angie Howard
 606.308.1921

- ▶▶ This is the 10 year anniversary of Hunger Walk in Rockcastle County. This is the first year in Fayette County.
 - ▶▶ This year's Hunger Walk is sponsored by Texas Roadhouse.
 - ▶▶ September is Hunger Awareness Month. The Hunger Walk was started by CAP's Grateful Bread Food Pantry staff to help bring awareness to the food crisis communities in Appalachia, the Rockcastle County, face.
 - ▶▶ Approximately 800 students from Rockcastle County Schools and 1200 walkers from the combined student body of Lexington Christian Academy will participate in this year's event.
 - ▶▶ An online portal is open to create fundraisers and virtual teams at christianapp.org/HungerWalk21.
 - ▶▶ The social media promo is #HungerWalk21.
- GENERAL HUNGER STATS**
- ▶▶ One in four children in CAP's service area are food insecure.
 - ▶▶ CAP partners can provide three meals per day for a person at \$2.40 or 80 cents per meal.
 - ▶▶ In CAP's service area, the overall food insecurity rate is 21 percent and the child rate is 26 percent. That is higher than the state. For Kentucky, overall is 14.4 percent with 17.2 percent of children in Kentucky being food insecure. For 59 percent of Kentucky counties, their child food insecurity rate was 20 percent or higher. (2019 Feeding America)
 - ▶▶ In Kentucky, 18.6 percent of the 60+ population suffer from food insecurity. (2018 KY Department for Aging and Independent Living)
- ROCKCASTLE COUNTY**
- ▶▶ Grateful Bread serves an average 800 families a month.
 - ▶▶ Grateful Bread fills 100 Community Supplemental Food Program (CSFP) known as commodity boxes each month and 104 weekend food backpacks distributed through Rockcastle County Schools.
- MCCREARY COUNTY**
- ▶▶ CAP opened a new food pantry in Parkers Lake, Kentucky in June 2021. Currently, they serve 88 families with pantry boxes 204 people and 50 seniors with commodity boxes each month.
 - ▶▶ CAP anticipates nearly 800 families in the area need pantry assistance.
- MAGOFFIN COUNTY**
- ▶▶ Waste Into Wares Food Pantry, a partner pantry for CAP provides food to 700 households and commodity boxes for 200 seniors each month.
 - ▶▶ Waste Into Wares, the largest pantry in Magoffin County, has distributed over 1 million pounds of food in 2021, as well as over 3 million pounds of other essentials, including furniture.



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