

Why volunteer?

Because you can help us change lives across Massachusetts

For many individuals and families across the state, hunger is a very real part of their daily lives. In fact, food insecurity affects the lives of over 700,000 people in the Commonwealth—almost 40% more than before the recession began. Last year, over 400 community food programs funded by Project Bread provided more than 60 million meals to those in need. We respond to hunger in both immediate and long-term ways, with innovative, effective solutions dedicated to strengthening individuals, families, communities—and our state as a whole.

Your donations help us provide people of all ages and cultures with reliable, sustainable access to nutritious food in the places they live, work, and learn—because Project Bread believes the opposite of hungry is not simply full... it's healthy.

Make it YOUR Walk

VOLUNTEER for the 2014 Walk for Hunger! Volunteer for the morning, afternoon, or join us all day. Visit www.projectbread.org/volunteer to register for the Walk, or to find out about pre-Walk Volunteer opportunities.

ORGANIZE a Volunteer team at work, at school, where you worship, or with your neighborhood. Spend your day catching up with friends and family...and making a difference for hungry families!

COLLECT PLEDGES by asking your friends, family, and coworkers to sponsor you or your Volunteer team—and don't forget to pledge yourself!

DONATE to your Volunteer team at www.projectbread.org/volunteer.

RAISE \$500 or more and become a member of the Heart & Sole Circle!

DOUBLE your personal contribution through your employer's matching gift program! Your sponsors may also ask their employers to match their gifts.



Always the first Sunday in May!
TAKE THE T!



"As a teacher, I see first-hand what impact hunger has on children. By participating in The Walk for Hunger, and sharing the experience with my students, we raise awareness about what is a very important social justice issue."

JAMIE YADOFF, a Brookline teacher and longtime supporter of the Walk, is pictured at our Celebration and Awards Ceremony in 2013. A year earlier, she received the Spirit of the Walk Award for leading hundreds of students who have raised more than \$150,000 over the years.

MEDIA SPONSORS



145 Border Street
East Boston, MA 02128-1903
walk@projectbread.org

PROJECT BREAD'S
WALK FOR HUNGER
MAY 4, 2014

REGISTER AND PLEDGE
projectbread.org/walk • 617.723.5000

VOLUNTEER GUIDE



We walk because together, we can make a difference.

SPONSORS



You can make a difference

Every year, more than 2,000 Volunteers work together to make The Walk for Hunger a fun, safe, and successful event. By volunteering with us on May 4, 2014, you help change lives all over our state for the better.

There are many ways to get involved

Bring a group, or come by yourself and make new friends! Volunteer in the morning, the afternoon, or stay all day—it's up to you.

You can register online at www.projectbread.org/volunteer or mail in the attached pre-registration form to tell us how you'd like to help. Then you can get started collecting pledges from your family, friends, and co-workers. Feel free to mail your pledges in, or turn them in on Walk Day before or after you volunteer. And remember, you can fundraise just as Walkers do—Volunteers get credit for all 20 miles, too!

Join our Heart & Sole Circle

Raise \$500 or more, and you'll automatically become part of our Heart & Sole Circle. These 1,400 members alone raised over \$1.5 million to feed hungry people last year. When you become a Heart & Sole Volunteer you will receive a special T-shirt to share your commitment, and will be invited to events throughout the year. And all members of our Heart & Sole Circle who raise more than \$1,000 become part of Project Bread's Leadership Circle.



BE A VOLUNTEER BY YOURSELF, OR ORGANIZE A TEAM

We have many opportunities for groups of classmates, co-workers, and friends to help on Walk Day. Bring a team of two, twenty, or many more, and make the Walk your event.

BE A STATIONARY MARSHAL

We need smiling faces to keep Walkers safe and happy by directing them along the Walk route. You can choose your favorite part of the Walk route, and we'll provide the training (not to mention a free Volunteer T-shirt!). See our map for Stationary Marshal locations.

BE A CHECKPOINT VOLUNTEER

Are you friendly and organized? Walkers need water, encouragement, and stamped pledge sheets at each of our nine Checkpoints along the Walk route—and we need you to make this possible! See our map for all of our Checkpoint locations.

BE A BOSTON COMMON REGISTRATION VOLUNTEER*

We need 200 Volunteers to join us in the morning on the Boston Common. There's nothing like witnessing the start of the Walk, where thousands of dedicated individuals join together to help end hunger in our state. We need you to direct Walkers and send them off with a smile.

BE A FIRST AID VOLUNTEER

Are you a nurse, doctor, or EMT? You can help keep our Walkers safe and healthy by administering basic first aid on the Boston Common and at each Checkpoint along the Walk route.

BE A FINISH LINE VOLUNTEER

We need energetic Volunteers to cheer on Walkers as they take that final step over the finish line on the Boston Common.

BE A SETUP OR BREAKDOWN VOLUNTEER

Don't mind getting a little dirty and volunteering before the sun rises (or after it sets)? Join our Setup or Breakdown Crews and help load and unload supply boxes, setup and take down tables, chairs, and tents on the Common. This is a great team-building opportunity for groups!

Volunteers get credit for all 20 miles AND receive a free T-shirt, snacks, and water. Visit www.projectbread.org/volunteer for more opportunities.



*Registration Volunteers must attend training in April. Contact our Volunteer Hotline at 617-239-2546 or visit www.projectbread.org/volunteer for more details.



Rain or shine!

If you want to return early, there will be complimentary shuttle buses available from each Checkpoint to shuttle you back to the Boston Common finish line.



For safety's sake, please leave in-line skates, scooters, skateboards, dogs, and bikes at home. (Wheelchairs and strollers are welcome!)

The 2014 Volunteer Registration Form

Please contact me and let me know how I can make the 2014 Walk for Hunger *my* Walk!

- Stationary Marshal Preferred Area (A-K)
 Checkpoint Volunteer Preferred Checkpoint (1-9)
 Registration First Aid Set-up/Breakdown

Please mail or fax this form to Project Bread OR register online today at www.projectbread.org/volunteer. Volunteers must register *before* the Walk to get their assignment and know where to go on Walk Day.

*Please note that your Volunteer assignment is not final until you have received confirmation from our Volunteer Coordinator.

- Please assign me to where volunteers are needed most.
 I have volunteered for the Walk in the past at this location:
 I prefer: Morning Afternoon All day I am flexible!
 I am a Team Leader for
 I have friends/family who are interested in volunteering with me.
 Let me know about other volunteer opportunities with The Walk for Hunger and with Project Bread throughout the year.

CONTACT INFORMATION

First Name Middle Initial
 Last Name Suffix (Sr., Jr., III)
 Email Address
*We respect your privacy. Project Bread will never share your Email address with anyone. See www.projectbread.org/privacy for details.
 Address Apt. #
 City State
 Zip Code Female Male Birth date
 Home Phone Cell Phone
 Employer

Completed Educational Level: Still in School High School Degree College Degree Post Graduate Degree

Community Service: Many students who volunteer or walk in The Walk for Hunger get community service credit at their school. To get credit for your participation, you must use our community service form found at www.projectbread.org/volunteer. Just fill it out and send it to Project Bread's Volunteer Coordinator for a signature after the Walk! Questions? Call 617.239.2546.

JOIN THE HEART & SOLE CIRCLE!

Please cut this form along the line indicated and mail or fax it to:

If you raise \$500 as an individual Volunteer, you join the Heart & Sole Circle! If you raise \$1,000, you also become a member of our Leadership Circle.

**Project Bread – The Walk for Hunger
145 Border Street, East Boston, MA 02128-1903
Attention: Volunteer Coordinator
Fax 617.248.8877**

My individual fundraising goal is: _____

X
VOLUNTEER SIGNATURE/PARENT OR GUARDIAN'S SIGNATURE FOR VOLUNTEERS UNDER THE AGE OF 18.

PLEASE READ: Submission of this entry constitutes an acknowledgement that the Volunteer is physically able to undertake the Walk; it is a waiver of any and all claims arising out of the Walk that the Volunteer might assert against any parties connected with the Walk. In addition, the Volunteer assents to the use of any photo, film, or videotape of the event for any purpose.

My Pledge Sheet

Make checks out to "Project Bread" and mail all checks and cash collected to Project Bread after the Walk, or bring them to the Boston Common on Walk Day. And don't forget to add your online donations to your pledge sheet, too.

Set a Fundraising Goal!

If you raise \$500 as an individual Walker or Volunteer, you join the Heart & Sole Circle! If you raise \$1,000, you also become a member of our Leadership Circle.

Look how easy it is to raise \$200 to help hungry people!

- Ask your spouse/roommate/parent for \$30
- Ask two teachers for \$5 \$10
- Ask three friends for \$10 \$30
- Ask your extended family via email \$60
- Ask your boss and coworkers via email \$30
- Put in your own \$20 \$20
- Get your employer match \$20

Total \$200

Project Bread stretches every donation to make the maximum impact on hunger in our state. \$100 subsidizes CSA (Community Supported Agriculture) shares for one week for 14 families. \$500 provides outreach and food vouchers to 20 senior households. \$1,000 provides the food, supplies and take-home groceries for families participating in the Chefs in Head Start cooking classes.

Every dollar counts!

Volunteer's Name _____ Organization/Team _____ Address _____

Sponsor's Name	Contact Information	Online Donations	Cash/Check Donations to Turn In	Pledges per Mile	Matching Gifts (yours & others)	Balance of Pledges to Collect
Bob (online)	bob@email.com	\$50.00				
David (cash/check donation)	617.555.2014		\$75.00		\$75.00	
Sue (pledge-per-mile)	3 North Street, Anytown, MA 02134			\$5.00		\$100.00
1. Suggested Event Fee						
2. My Personal Pledge						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
Subtotals		+	+		+	

Print out another Pledge Sheet from our website, if you need more space. Visit www.projectbread.org/walkmaterials.

Please send remaining checks to:

Attn: Data Office
Project Bread – The Walk for Hunger
145 Border Street, East Boston, MA 02128-1903
617.723.5000 • www.projectbread.org

My 2014 Walk for Hunger TOTAL = \$ _____

Please remember to contact your sponsors about their companies' matching gift policies. You can help them double their gifts by having them fill out their company's matching gift form.

PLEDGE INFORMATION

Suggested Event Donation (\$15, turn in on Walk Day) \$
Online Donations (collect online through May 31) \$
Cash or Check Donations (turn in on Walk Day) \$
Matching Gifts (to be sent by your employer to Project Bread) \$
Balance of Pledges to Collect (to be sent to Project Bread) \$

TOTAL for 2014 Walk \$

(If this is \$500 or more, you are now a member of our Heart & Sole Circle! Stop by the Heart & Sole tent before or after you volunteer.)

EMPLOYER MATCHING GIFTS

Does your employer match gifts? Yes No
Employer Name _____
Your employer and your donors' employers can make matching gifts that count toward your Walk fundraising goal!

To double or triple the impact of your gifts:

- Visit www.projectbread.org/matchinggifts to see how your employer matches gifts.
- Complete your employer's matching gift form, and turn it in on Walk day or mail to Project Bread.
- Your employer will send a check to Project Bread.

Don't forget to remind your donors that their employers may also match their gifts.