

Sowing Seeds for Life

Where Caring Never Stops



Help fight hunger by supporting your local food pantry Sowing Seeds for Life – an agency of Feeding America (formerly named America's Second Harvest.)

Sowing Seeds for Life celebrated its 1-year anniversary in December & in 2009, the number of people served per month has doubled to over 2,000!

There are many ways you can get involved in the fight against hunger...

- **GIVE A GIFT.** During these difficult times, your support is needed more than ever. People are losing their homes, their jobs, and their means to support their families. But you can make a difference. Please visit our website at www.sowingseedsforlife.org to make a donation online or via the mail. We are also in need of items such as folding tables for food distribution and large trucks for Arrowhead & Nestle donations and LA Regional Foodbank pickups.
- **VOLUNTEER YOUR TIME.** We distribute food regularly the **1st and 3rd Wednesdays of every month from 3 – 5 p.m. at our headquarters at 1350 Arrow Highway in La Verne.** Volunteers are needed for tent & table set-up/tear-down and handing out food. Volunteers are asked to arrive no later than 2 p.m. for tent & table help and no later than 2:30 p.m. to help with food distribution. We are also in need of volunteer team leaders.
- **TAKE THE HUNGER QUIZ.** (<http://feedingamerica.org/faces-of-hunger/hunger-101/quiz.aspx>) Test your knowledge about hunger in America with Feeding America's quick online quiz. You might be surprised by what you learn!
- **TAKE THE BIGGEST LOSER'S POUND FOR POUND CHALLENGE.** (<http://www.pfpchallenge.com/>) Take the online pledge to lose weight, and **for every pound lost, 10 cents will be donated to Feeding America – enough to provide one pound of groceries to a local food bank.**
- **SPREAD THE WORD.** Tell your friends, family, coworkers, and neighbors about Sowing Seeds for Life's fight against hunger and ask them to help.

Please consider what you can do to help your neighbors in need today & contact Sowing Seeds for Life for more information.

THANK YOU FOR YOUR SUPPORT!

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