



GET INVOLVED IN THE BREAKFAST CLUB

Imagine waking up each morning and staring at an empty refrigerator- out of coffee, no bread for toast and the only thing to eat is cold pizza from two nights ago. Lucky you... you can stop by the local convenience store or zoom through the McDonald's on your way to work to pick up something to start the day.

Hundreds of people in our community don't have that option. They are challenged to be able to provide food for their families and themselves. Did you know that in America, one in eight Americans are relying on food pantries and soup kitchens? Over one million more people are accessing food banks and soup kitchens than in 2006 and, more than one-third of households have to choose between food and basic human needs. These are staggering statistics and should make us all humble and appreciate that "there but for the grace of God go I."

And here's a little more information. The Conrad Center Soup Kitchen not only serves persons experiencing homelessness, many of our guests are housed working poor. 24% work eight hour days; 17% are families with children; and 11% are veterans that heroically served our country.

The Freedom House Conrad Center, Richmond's main Soup Kitchen, provides a hot, nutritious breakfast to those in need. Serving breakfast to over 125 individuals each day, you can be a part of the "**Breakfast Club**" by making a donation of \$50.00. Your \$50.00 donation will cover **the cost of this hot meal for 25 individuals!** And for your generosity, you can designate a day that you would like to "sponsor breakfast" or honor someone with your sponsorship. I'll include your name in our quarterly newsletter and will post it on the sponsorship board at the Conrad Center on the day of your request.

Please consider a donation to help support the **most important meal of the day.**

Enclosed is my \$50.00 to sponsor a day of breakfast for Freedom House.

Please designate (date) _____ as my day of giving.

I would like to honor or memorialize (please underline which one) the following person or persons:

Name(s) _____

Your name _____

Contact phone number _____

Email _____

*If you prefer to place your donation on a credit card, complete the info below.

Name on card _____

Visa _____ MC _____ Exp. Date _____

Account number _____

Mail to: 1201 Hull Street, Richmond, VA 23224
Attn: Breakfast Club