



*Under the Auspices of
Interfaith Cooperative Ministries*

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COMMUNITY SOUP KITCHEN

DOWNTOWN EVENING SOUP KITCHEN

FISH OF GREATER NEW HAVEN

INTERFAITH VOLUNTEER CARE GIVERS

May 2010

Please plan to join us for our

14th Annual Cook & Care Walkathon

on October 17, 2010 at 1:00 pm

at Edgerton Park

at the corner of Whitney Ave. and Cliff St., New Haven

To raise money for

Interfaith Volunteer Care Givers

Community Soup Kitchen

Downtown Evening Soup Kitchen

FISH of Greater New Haven

Our goal is:

- to raise \$60,000
- to educate the public about the four organization's missions
- to provide info to potential volunteers for the four organizations.

Please make copies of the enclosed poster to place in appropriate places around your facility. We encourage you to start recruiting walkers who will get sponsors to support them for this event.

Please direct a copy of this letter/info to your youth leaders.

We hope you will participate in this great event. We greatly need your support!

Your congregation can help by:

- 1) Recruiting individual walkers**
- 2) Walking as a team – adults and/or youth**
- 3) Sending a donation to support the Walk**

*Donations may be mailed at any time,
made payable to ICM, with a notation to Cook & Care Walk-A-
Thon.*

Mail to IVCG, 30 Gillies Rd., Hamden, CT 06517

All teams and individuals are welcome to walk!

Walk papers are enclosed and may be reproduced.

For more information call: 203-230-8994 or

203-624-4594 or go to **cookandcare.org**.

We thank you for all your efforts in support of this important event.
We look forward to seeing you on October 18th!

The Cook & Care Walk-A-Thon Committee

www.cookandcare.org

INTERFAITH COOPERATIVE MINISTRIES, INC.

c/o Interfaith Volunteer Care Givers

30 Gillies Rd., Hamden, CT 06517

Tel: (203) 230-8994 fax: (203) 230-8947

Cook and Care Walk-a-Thon

How to Organize a Walk Team

1. Post Walk posters (one is included - please copy and post as soon as possible in prominent places.) Add your name and number as contact person.
2. Put information about the team that you are forming in your organization, congregation, or school newsletters, memos, bulletins, etc.
3. Send out a memo to groups in your organization, congregation, or school youth group (e.g. Mitzvah Group, social outreach missionary group, clubs, etc.) Tell them that you are forming a team for the Walk and ask them to get in touch with you.
4. Appoint team leaders from your various groups to recruit walkers within their own group.
5. Talk with people individually and sign them up to walk (or as a sponsor.)
6. List all walkers with their names and addresses on walk papers.
7. Walk papers may be copied to give or send to each of your walkers.
8. Encourage friendly competition among participants, having teams from different groups or committees and see who can raise the most money. Be imaginative. Encourage people to be walkers, in-line skaters, or bicyclists. Bring dogs on leashes and babies in strollers.
9. If possible, set a time for a meeting for all those who are interested in walking. Get the spirit going. Keep talking about the Walk as a way of bringing people together to benefit the community through these four organizations.
10. Encourage your team to create some form of identification that will set them apart. How about a special color "T"-shirt, baseball cap, balloons, or a hand-held sign with your group's name? Be creative and have some fun!
11. On the day of the Walk: one person should register your team. Details will be posted. Assemble your team. Bring all of the completed Walk papers and all of the money collected to the registration table. All money should be collected from sponsors before the day of the Walk.

Remember that FOUR organizations will benefit!

**Interfaith Volunteer Care Givers, FISH of Greater New Haven
Downtown Evening Soup Kitchen, Community Soup Kitchen
and Downtown Evening Soup Kitchen**