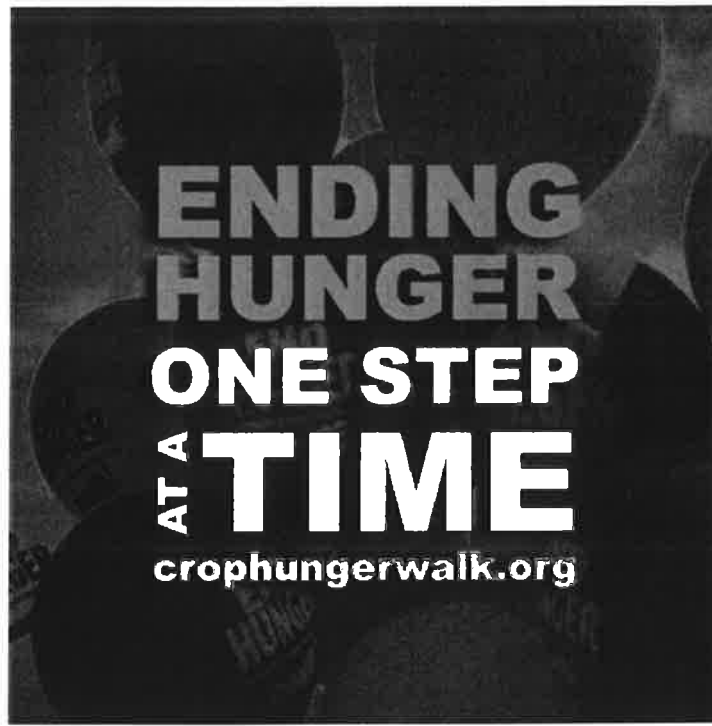


Walk. Give. Change the World.



Ames

CROP Hunger Walk

Sunday Oct. 8

1:00pm Registration 1:30pm Walk

Brookside Park 1325 6th St. Ames

Crophungerwalk.org/Amesla

Change the World One Community at a Time.

For over 40 years, Ames has hosted an annual CROP Hunger Walk. In 2016, Ames had 23 teams Walk to raise over \$37,000.

75% of the funds raised support the global relief and development work of CWS support programs such as community gardens, installing clean water systems, micro-loans for small businesses in vulnerable communities, food and support and recovery for disaster survivors.

25% of the funds raised support local Ames hunger agencies (over \$10,000):

1. Bethesda Food Pantry
2. Calvary Food Shelf
3. Food at First Christian Church
4. Good Neighbor Emergency Assistance
5. Loaves and Fishes
6. Mid Iowa Community Action
7. SHOP Students Helping Our Peers

Regardless of its size, your gift can have an impact around the corner and around the globe. Here are some examples of what your gift could accomplish:

\$1 = \$10 of groceries: U.S. Foodbanks can distribute \$10 worth of groceries for every \$1 given to them.

\$15 = 10 jerry cans: ensure that water makes it into homes without contamination.

\$25 = 50 chicks: a self-propagating food source for extra nutrition and extra income.

\$25 = Seeds and tools for a garden: added nutrition and income for families.

\$30 One meter of a shallow borehole well: access to clean, safe water.

\$50 = 150 meals in a food bank

\$100 = 222 pounds of food distributed to families in need.

\$125 = A pair of goats to provide milk, fertilizer, protein and income.

\$250 = Community seed bank: the seeds a community needs for their individual kitchen gardens.

\$1000 = A pump so a community has access to clean water (and the **training** to use and maintain it!).

\$2000 = All the assets needed for a **sustainable garden**, including access to water for irrigation, seeds, tools and training.

\$7000 Clean water and sanitation for an entire village, including each household, school and health center.

Sources: Mid-Ohio Foodbank (\$1) | Second Harvest Food Bank (\$50) | MSU Food Bank (\$100) | CWS Best Gift (all others)

More info about how you can register to participate or give online can be found at the Ames CROP Hunger Walk Website: <https://www.crophungerwalk.org/amesia>.

We invite new Walkers to attend the Rally to kick-off the CROP Hunger Walk on **August 29, 5:00 p.m. - 7:00 p.m. at Calvary United Methodist Church** located at 1403 24th St in Ames. (ISU students are encouraged to attend an Ice Cream Social on Tuesday September 12 from 8-9pm at Collegiate United Methodist Church at 2622 Lincoln Way in Ames.)

The annual **Ames CROP Hunger Walk will take place on Sunday October 8 at Brookside Park 1325 6th St. in Ames. Registration begins at 1:00 p.m.**, and the Walk begins at 1:30 p.m.