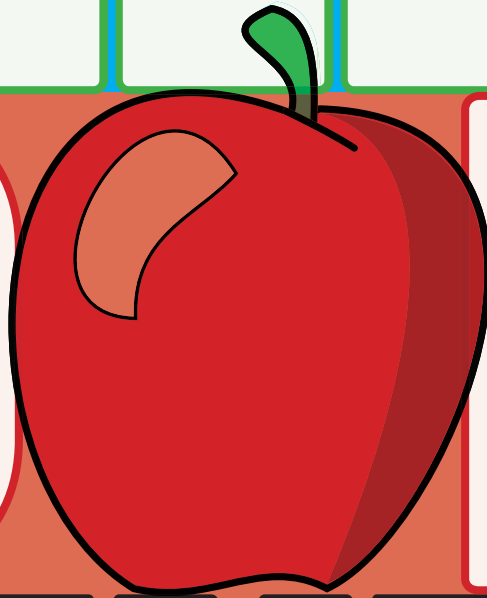


SEPTEMBER 10-21, 2009

**HUDSON
VALLEY**

FOOD



FRENZY

Benefiting the Food Bank of the Hudson Valley

STARTING SEPTEMBER 10,

**BRING IN
NON-PERISHABLE
FOODS**

Each dollar
contributed to the
Food Bank of the
Hudson Valley will
count as four pounds
of food!

**AND/OR
CASH DONATIONS**

**WE HAVE JOINED
THE FRENZY!**

IDEAS FOR YOUR FOOD FRENZY

★ *DRESS DOWN DAY*

If you bring in a certain number of food items you may wear casual attire.

★ *POTLUCK DAY*

Everyone brings a dish for lunch and in order to gain entrance you must bring a certain number of food items or pay an admission fee.

★ *COSTUME THEME DAY*

Create a theme, for example, “Mardi Gras” or “St. Patrick’s Day Parade”. If you bring in a certain number of food items or cash amount you may dress for that theme.

★ *FOOD THEME DAY*

Challenge co-workers to bring in as many different food items as possible in a certain category. For example, food geared towards people with diabetes, or food for children in a particular age group. Whoever has the most different types of food within the category wins a prize.

★ *SKIP-A-MEAL DAY*

Everyone contributes what they would normally spend on lunch.

★ *PRIZE*

Have a prize for all employees who participate if your company wins their category or overall event.

★ *TOTALS*

Display daily totals in high-traffic areas or announce totals using e-mails to keep people up to date and involved.

★ *FRIENDLY COMPETITION*

Conduct non-monetary waging and/or e-mail wars between law firms and/or firm sections.

★ *REWARDS*

Have rewards for staff members who donate more than 20 cans or \$100.

REGISTRATION

FOOD BANK OF THE HUDSON VALLEY FIRST ANNUAL FOOD FRENZY

Company or Firm Name: _____

Contact: _____

Address: _____

Telephone: _____

E-Mail Address: _____

Number of Employees in Firm: _____

Upon receipt of the registration form, you will be sent a complete packet of information pertaining to the event.

PLEASE FAX THIS FORM TO HOWARD PROTTER, FOOD BANK OF THE HUDSON VALLEY, 845-534-5256 BY SEPTEMBER 4, 2009

FOOD FRENZY RULES

The following explains the rules for counting **non-perishable food and cash** contributions to the **Food Frenzy for The Food Bank of the Hudson Valley**:

- The contest runs from September 10-21, 2009. You may not count any money or food collected after September 21, 2009.
- Each dollar contributed will count as four pounds of food.
- Checks should be made payable to: Food Bank of the Hudson Valley.
- Contributions of money are tax-deductible and are very welcome. Please note, if you are contributing cash, please include a receipt with the contributors name, address and amount of donation.
- You may donate online by going to our website, www.foodbankofthehudsonvalley.org and click the "donate now" button. When entering your gift, you must include the firm name and reference Food Frenzy.
- Food items will be weighed and the results tabulated in pounds.
- Candy will not be counted.
- When counting the number of employees, count each person working at the company, regardless of position.
- Please do not contribute food items in glass containers.
- Please do not open items that are already packed in cases, cartons, or boxes.
- If your firm delivers all food contributions to the Food Bank of the Hudson Valley at 195 Hudson Street, Cornwall-on-Hudson, New York your company will receive a 25% bonus of tabulated pounds!
- Firms with multiple office locations will compete as a single entity.
- All donations must be delivered on or before the close of business on September 21, 2009.
- All non-perishable foods must be within sale date marked on package.
- All donations of food must be in boxes, sealed and labeled with the company name and address.
- Baby food will be acceptable if in plastic containers and within sale date.
- Food donations will be accepted at the following locations in addition to the Food Bank's office in

Cornwall-on-Hudson:

The Builders Association of the Hudson Valley, 1161 Little Britain Road, New Windsor,
The Dutchess County Regional Chamber of Commerce One Civic Center Plaza, Suite 400, Poughkeepsie
The Greater Southern Dutchess Regional Chamber 2582 South Avenue Wappingers Falls

Please fill out the Information Form and FAX back to the Food Bank of the Hudson Valley on or before September 4, 2009 at 845-534-5256.

THANK YOU AND GOOD LUCK!

INFORMATION PICK-UP FORM

Please FAX to the Food Bank of the Hudson Valley on September 21, 2009 close of business day to 845-534-5256, Attn: Howard Protter

Company or Firm Name: _____

Address: _____

Firm Contact: _____

Contact Phone Number: _____

Number of Employees: _____

- Please check here if your firm will be delivering food contributions to the Food Bank to receive the extra 25% bonus.
- Please check here if your company has only a monetary contribution to be picked up and does not have any food donation. Monetary contributions may be made online at www.foodbankofthehudsonvalley.org or by mail to:

The Food Bank of the Hudson Valley
195 Hudson Street
Cornwall-on-Hudson, NY
Attn: Tony Gutter

Amount of \$ collected: _____

The following questions pertain to firms that have collected food:

Approximate # of pounds, boxes, bags, etc., collected: _____

- Yes No We will deliver our food donations to the central location in our county.

THANK YOU AND GOOD LUCK!