



KINGSLAND FEED THE FOOD BANK WEIGHT LOSS CHALLENGE

INDIVIDUAL'S PLEDGE FORM

Kingsland Farmers' Market is an important food hub in Alberta. We wanted to encourage our customers, friends and colleagues plus all of *their* friends to get involved in eating healthier and in helping others in the process. So we launched the Feed the Food Bank Weight Loss Challenge. The idea is that the Weight Loss Challenger gets their friends to pledge money in support of the Challenger's weight loss, either a certain amount per pound lost, or a set dollar amount. 100% of this money is used to buy food to donate to the Calgary Food Bank. Every \$2 = 1 pound of fresh local food to feed the hungry. The Challenger that raises the most money each week is the "Biggest Giver" and they will get some amazing prizes. The Challenge starts Saturday, January 14 and runs for 4 weeks, ending February 11, but you can support the cause by pledging any time throughout this entire period. THANK-YOU for your generosity!

Yes! I want to support my friend in their effort to lose pounds and raise money to give pounds of food to the Calgary Food Bank. Here is my contact information and my commitment to contribute money to buy pounds of food for the hungry.

FIRST NAME

LAST NAME

EMAIL

FRIEND'S NAME
(This is who you're supporting in their weight loss efforts)

DONATION \$ Single lump sum pledge

\$ Dollars per pound lost

Ray Burton's
Building Bodies

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

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KINGSLAND
FARMERS' MARKET