



**CONFERENCE CAUSE 2009:
Greater Chicago Food Depository
Volunteer Event – Tuesday, November 10th
AIMING for a RECORD 100 VOLUNTEERS!!!**

Conference Cause: An annual initiative of the PLUS Foundation designed to reflect the generosity of the PLUS membership, and make a positive contribution to communities hosting the Annual PLUS International Conference. Donations are being raised from PLUS members, companies and colleagues.

The **Greater Chicago Food Depository**, Chicago's food bank, is a nonprofit food distribution and training center providing food for hungry people while striving to end hunger in the community. The Food Depository distributes donated and purchased food through a network of 600 food pantries, soup kitchens and shelters to 500,000 adults and children every year. Last year, the Food Depository distributed more than 46 million pounds of nonperishable food and fresh produce, dairy products and meat, the equivalent of more than 95,000 meals every day. Going beyond just food distribution, the GCFD has a number of core programs. For more information visit chicagosfoodbank.org.

- **Chicago's Community Kitchens:** Cooking and kitchen work instruction provided by professional chefs to unemployed and underemployed people looking to advance in the industry.
- **Kid's Café & Nourish for Knowledge:** Before & after school, and food take-home programs targeting impoverished children who may otherwise go hungry.
- **Mobile Programs:** Collecting and delivering perishable foods, as well as reaching parts of the community that would otherwise have difficulty accessing their services.
- **Programs for Older Adults:** Working with community partners to deliver meals to indigent elderly populations.

Volunteer Event: As volunteers we will be doing warehouse work – handling, separating, packaging and shelving food. People of all physical ability levels are welcome and can contribute to the work!

- Tuesday, November 10th
- 2:00 - 3:15 – Register in Sheraton Chicago Hotel lobby (Casual attire – jeans/work pants, close-toed shoes recommended. You will be provided a logoed t-shirt.)
- 2:30 & 3:30 – We will have two shifts depart the hotel. Please make the first bus if you can!
- 3:00 - 7:00 – Volunteer time at the GCFD warehouse!
- 8:00 – Arrive back at the hotel

VOLUNTEER REGISTRATION FORM

Registrations Due: October 23, 2009

Adult friends and family members are welcome to join us! Complete a separate form for all volunteers. Help us reach our goal of a record 100 Conference Cause volunteers! You can complete this form on your computer screen. Please, fax or e-mail your registration to the contact below.

Name: _____ Company & City: _____

Daytime Phone: _____ E-Mail: _____

Shirt Size (indicate S thru XXXXL): _____ I will make the: _____ 2:30 bus _____ 3:30 bus

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