



PALM BEACH ROAD RUNNERS, THE VILLAGE OF TEQUESTA AND THE EPISCOPAL CHURCH OF THE GOOD SHEPHERD ARE ENCOURAGING YOU TO HELP FEED FAMILIES THIS THANKSGIVING DAY.

Lose 4 Pounds at the Run 4 the Pies... Donate to Food for Families— A way to help.

399 Seabrook Rd., Tequesta 33469
 First 750 finishers get a Publix baked apple pie
 Guaranteed T-shirt to the first 1200 registrants

Food for Families: A food drive for needy families being collected at the Run 4 Pies Road Race on November 26th.



Last year this drive raised almost a ton of food. Let's raise two this year! There are hungry families in our community. Please strive to donate 4 pounds of food this Thanksgiving. You may also donate Publix Gift Cards to support this effort. Run a race. Get a pie. Smile because you have helped a family.

Suggested food items to donate-



Breakfast Food: Oatmeal & Cereals

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- Powdered Milk/ Juice, etc.
- Canned Meats: Tuna, Chicken, Ham
- Canned Vegetables
- Canned Fruit
- Cans or packages of soup
- Boxes of Macaroni & Cheese
- Spaghetti & Tomato Sauce
- Peanut Butter (small jars)
- Rice (1-2 LB bags)
- Dried or Canned Beans
- Crackers



This effort is being sponsored through Palm Beach Road Runners, The Village of Tequesta and The Episcopal Church of the Good Shepherd.

The food collected will be shared between the church's own food pantry and C.R.O.S Ministries Food Pantries in Palm Beach County.

Please visit www.goodsheponline.com/Run4Pies to learn more.