



## Are YOU Ready for **POUNDS for the PANTRY**

**WHAT:** A Fundraising event for The Helping Hand Food and Clothing Pantry of Warren County(WC)

**WHY:** All proceeds go to money for holiday meals and winter clothing

**WHEN:** Saturday October 2nd, 2021 9am-12pm.

**WHERE:** Joe's Gym 710 W 2nd Ave. Indianola, IA 50125

### **HOW TO PARTICIPATE:**

1. Lift weights of any size or perform 1 REP of Bench Press or the Dead Lift (ALL Ages welcome)
2. Be a sponsor and pledge a weight lifter per pound or a flat rate to lift weights the day of the event.
3. Contact Joe Laxton 515-661-7829 or Sue Wilson 515-418-1909 or [warrencountyhelpinghand@gmail.com](mailto:warrencountyhelpinghand@gmail.com) FB Event: Joes Gym

In 2020, WC Childhood Food Insecurity increased 35% according to Feeding America. Help us purchase winter gear and fight food insecurity in a fun and entertaining way!!





# TOGETHER TO SUPPORT the NEEDS of WARREN COUNTY



## POUNDS FOR THE PANTRY FUNDRAISER Pledge Sheet for Participants

Name: \_\_\_\_\_ Phone # \_\_\_\_\_

### *Pledge Per Pound*

Sponsor #1: \_\_\_\_\_ Amt: \_\_\_\_\_

Sponsor #2: \_\_\_\_\_ Amt: \_\_\_\_\_

Sponsor #3: \_\_\_\_\_ Amt: \_\_\_\_\_

Sponsor #4: \_\_\_\_\_ Amt: \_\_\_\_\_

Sponsor #5: \_\_\_\_\_ Amt: \_\_\_\_\_ Grand Total:\$ \_\_\_\_\_

Flat Rate Lifter #1: \$ \_\_\_\_\_

Flat Rate Lifter #2: \$ \_\_\_\_\_

Flat Rate Lifter #3: \$ \_\_\_\_\_

Flat Rate Lifter #4: \$ \_\_\_\_\_ Grand Total:\$ \_\_\_\_\_

