

Mower Refreshed

Making healthy choices a priority



Donate healthy food...grow **Mower** stronger!

Mower Refreshed is partnering to host the fifth Harvest 5K Walk/Run on Saturday, Sept. 15, 2018 at the Austin Municipal Pool Parking Lot. Please consider joining us through sponsorship to harvest healthy options for our area food shelves!

Event Purpose:

- Raise awareness of the need for healthy food donations to county-wide food shelves.
- Make healthy choices easier and more accessible for those utilizing local food shelves.
- Gather healthy food donations to be distributed to area food shelves.
- Raise funds to purchase healthy food options at area food shelves.



Those utilizing the food shelves are often some of our most vulnerable community members, who lack access to healthy options. Last year with our sponsors we were able to cover the costs of the run and donate approximately \$1800 in healthy food donations to Mower County food shelves. We are training for a new personal best this year!

Partner with us to bring in the harvest!

Oat Level: \$50-150

Bean Level: \$150-300

Corn Level: \$300 +

Names of sponsoring organizations will be placed on the event t-shirts and marketing promotions so you will be recognized as an organization who values wellness!

(Deadline for inclusion on t-shirts: August 21st)

Checks can be made to YMCA-AUSTIN.

For more information or questions visit mowerrefreshed.org or call 507-434-1039.