

# Walking for Project Africa

to benefit  
Project Africa  
and The Childrens Pantry

FoodForThought  
Sonoma County AIDS Food Bank



Please join Connie Beall and Chard Lowden in supporting food and nutrition programs for HIV affected children.

Project Africa provides meals for HIV affected children and mothers in Namibia and The Children's Pantry provides weekly groceries for Sonoma County children living with HIV positive parents, clients of Food For Thought.

In July 2008 we are walking the 95 mile West Highland Way in Scotland to raise money for these programs.

Your pledges are greatly appreciated.

*All money raised will be divided between these two programs.*

Read more about Project Africa and the walk at our website  
[www.WalkingForProjectAfrica.org](http://www.WalkingForProjectAfrica.org)



You can help meet our goal of \$19,000 by pledging as little as 20¢ a mile or \$1 or \$2 a mile or any other amount that suits your pocketbook and your heart. Fill in this form and mail it to the food bank or pledge online with your credit card at [www.WalkingForProjectAfrica.org](http://www.WalkingForProjectAfrica.org).



- please check a box
- 20¢ a mile / \$19.00 total
  - 50¢ a mile / \$47.50 total
  - \$1 a mile / \$95 total
  - \$2 a mile / \$190 total
  - other \$ \_\_\_\_\_ total

Check the website for regular updates. We will post to the Journal whenever we have internet access on the walk.

Make your check payable to  
"Food For Thought-Scotland Walk"  
and mail to Food For Thought, PO Box 1608, Forestville, CA 95436

name \_\_\_\_\_

address \_\_\_\_\_

city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

phone \_\_\_\_\_

email \_\_\_\_\_