

NOV.
31*

*There is no November 31—stay home while benefiting CANFIT at the same time.

ZERO CARBON FOOTPRINT

Gala

There's no band
or caterer to hire,
which means all
proceeds are entirely
tax-deductible and go
directly to support
CANFIT programs.

See www.canfit.org for more
information about our work.

Give \$25 instead of buying two movie tickets.
Your gift can provide one month of **web hosting**.

Give \$55 instead of paying a babysitter so that you can attend an event.
Your gift can cover the cost of a **CANFIT PHAT kit** for a community center.

Give \$150 instead of going out for dinner with the family.
Your gift can provide one hour of **consultation** to an afterschool program.

Give \$250 instead of taking the family to the game.
Your gift can fund a **CANFIT ACTIVE8** intro session for teachers.

Give \$500 instead of buying tickets to that sold-out concert.
Your gift will fund one undergraduate **scholarship** to
support study in nutrition, culinary arts or physical education.

Give \$1,500 to provide a **graduate scholarship**.

Give \$2,000 to support a 2 hour **nutrition
workshop** for youth providers/staff.

Give \$5,000 to provide one 6-hour **MO Project**
social media/advocacy training to 40 youth.

Give \$25,000 to **meet our goal** and
provide additional program support.!

DONATE NOW! Please help CANFIT meet our \$18,000 goal. THANK YOU for your continued support!



CANFIT

Communities • Adolescents • Nutrition • Fitness

Since 1993, CANFIT has been at the heart of the movement to increase healthy eating and physical activity among adolescents in low income communities and communities of color.

In honor of our 18 years of operation, our goal is \$18,000.