



MANNA FoodBank's Outpace Hunger How-To Guide

For decades, MANNA FoodBank has been working to outpace hunger and food insecurity all across our mountains. Now we have a fun way for you to Outpace Hunger alongside of us! Outpace Hunger participants are invited to:

- Choose a favorite activity -- run, walk, roll, stroll, hike, bike, paddle, climb, float, skate, golf, and everything in between.
- Set a goal to reach.
- Invite friends and family to support your efforts.



Anyone from anywhere in the world who cares about folks in Western North Carolina having access to healthy food can participate. Ages 8 to 88, professional athletes and couch potatoes alike - grab your friends, family, coworkers, and neighbors to join in!

Ready to get started? Here's how:

STEP ONE: JOIN MANNA'S OUTPACE HUNGER COMMUNITY

- Visit MANNA's Outpace Hunger Landing Page [HERE](#).
- Click the "Become a Fundraiser" button to join MANNA's Outpace Hunger community.

STEP TWO: SET UP YOUR PERSONAL FUNDRAISING PAGE

- Once you're registered, you'll receive a confirmation email with all the details you need to set up your page.
- Your email will contain instructions for customizing your page, as well as the link that you'll share with friends and family as you work towards your goal.
- If you ever misplace your email, please [VISIT THIS LINK](#) or [get in touch](#) so we can help!

STEP THREE: SHARE WITH FRIENDS AND FAMILY

- Now you're ready to invite your network of friends, family, neighbors, and colleagues to follow along and support you in your Outpace Hunger adventure! Share the link to your fundraising page, where folks can easily make a donation in support of your goal.
- Looking for ideas on how to fundraise? Check out the next page!



If you have questions, need help, or just want to bounce around some ideas about how you or your organization can Outpace Hunger, please contact:

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There isn't just one way to use your passion to feed people. How you do it is up to you! Here are some ideas to get you started.

Someone passionate about walking or hiking might set a goal to walk or hike 30 miles in 30 days, and then ask their friends and family to support them with \$1.00 per mile to help provide food to neighbors who need it. Every \$30 = 120 MEALS!

Someone passionate about kayaking might set out to paddle four different rivers or lakes, and their friends and family support them by donating \$20.00 for each lake or river run that they complete. Every \$20 = 80 MEALS!



KICK-START YOUR FUNDRAISING

Looking for more ideas to get started and spin your fundraising into high gear? We've got you covered!



Know Your "Why"

Why does hunger matter to you? Why are you moved to participate in Outpace Hunger? Share with passion why you personally support MANNA's mission and vision for a hunger-free WNC.



Get Inspired

Pam and Becky hiked 67 miles in 5 days to celebrate a milestone birthday, raising \$3K+ for MANNA. Bill paddled his way to providing nearly 5K meals for neighbors in need across WNC. Is there a way you could turn miles into meals too?



Grow Your Impact

Matching gifts are a great way to double your impact! Check to see if your employer might match the funds you raise. Or, encourage them to form an Outpace Hunger team!



#GetSocial

You can reach thousands by sharing your personal fundraising page and progress with your networks. Don't forget to use the hashtag #outpacehungerwnc