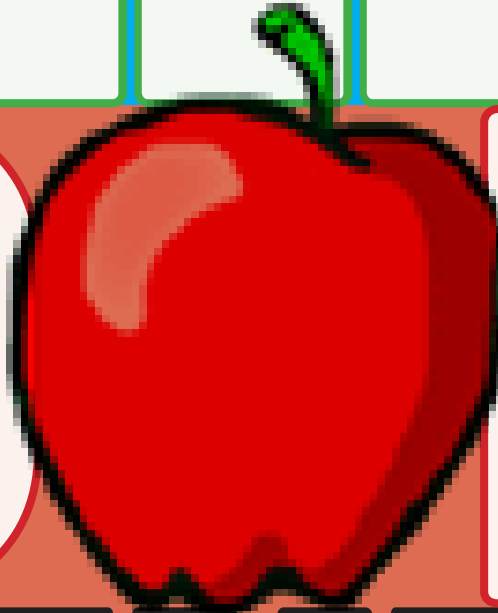


SEPTEMBER 10-20, 2009

**HUDSON
VALLEY**

FOOD



FRENZY

Benefiting the Food Bank of the Hudson Valley

STARTING SEPTEMBER 10TH,

**BRING IN
NON-PERISHABLE
FOODS**

**AND/OR
CASH DONATIONS**

WE'RE COMPETING FOR

AGAINST

JOIN THE FRENZY!

IDEAS FOR YOUR FOOD FRENZY

★ *DRESS DOWN DAY*

If you bring in a certain number of food items you may wear casual attire.

★ *POTLUCK DAY*

Everyone brings a dish for lunch and in order to gain entrance you must bring a certain number of food items or pay an admission fee.

★ *COSTUME THEME DAY*

Create a theme, for example, "Mardi Gras" or "St. Patrick's Day Parade". If you bring in a certain number of food items or cash amount you may dress for that theme.

★ *FOOD THEME DAY*

Challenge co-workers to bring in as many different food items as possible in a certain category. For example, food geared towards people with diabetes, or food for children in a particular age group. Whoever has the most different types of food within the category wins a prize.

★ *SKIP-A-MEAL DAY*

Everyone contributes what they would normally spend on lunch.

★ *PRIZE*

Have a prize for all employees who participate if your company wins their category or overall event.

★ *TOTALS*

Display daily totals in high-traffic areas or announce totals using emails to keep people up to date and involved.

★ *FRIENDLY COMPETITION*

Conduct non-monetary waging and/or email wars between law firms and/or firm sections.

★ *REWARDS*

Have rewards for staff members who donate more than 20 cans or \$100.

REGISTRATION

FOOD BANK OF THE HUDSON VALLEY FIRST ANNUAL FOOD FRENZY

Firm Name: _____

Contact: _____

Address: _____

Telephone: _____

E-Mail Address: _____

Number of Employees in Firm: _____

Upon receipt of the registration form, you will be sent a complete packet of information pertaining to the event.

PLEASE FAX THIS FORM TO _____, FOOD BANK OF THE HUDSON VALLEY, 845-534-____ BY _____, 2009

FOOD FRENZY RULES

The following explains the rules for counting non-perishable food and case contributions to the Legal Food Frenzy for The Food Bank of the Hudson Valley:

- The contest runs from September 10-20, 2009. You may not count any money or food collected after September 20, 2009.
- Each dollar contributed will count as four pounds of food.
- Checks should be made payable to: Food Bank of the Hudson Valley.
- Contributions of money are tax-deductible and are very welcome. Please note, if you are contributing cash, please include a receipt with the contributors name, address and amount of donation.
- You may donate online by going to our website, www.legalfoodfrenzy.com and click the "donate now" button. When entering your gift, you must include the law firm name and reference Legal Food Frenzy in the "designation."
- Food items will be weighed and the results tabulated in pounds.
- Candy will not be counted.
- When counting the number of employees, count each person working at the firm, regardless of position.
- Please do not contribute food items in glass containers—they have a high risk of breakage.
- Please do not open items that are already packed in cases, cartons, or boxes. This will make it easier for the Food Bank to pick up.
- It is very important that you tell the Food Bank the approximate amount of food you have collected in order for our transportation department to prepare properly.
- If your firm only has a monetary contribution, this needs to be communicated at the time your pick-up date is assigned so the Food Bank is aware of what form of vehicle to send to your firm.
- If your firm delivers all food and monetary contributions to the Food Bank of the Hudson Valley at ___ Hudson Street, Cornwall- on-Hudson, New York your firm will receive a 25% bonus of tabulated pounds!
- Capital Campaign gifts will not be counted towards two week competition.
- Law firms with multiple office locations will compete as a single entity for _____ Awards.
- Please fill out the Information Form and FAX back to the Food Bank of the Hudson Valley on April 17th at 845-534-_____

THANK YOU AND GOOD LUCK!

INFORMATION PICK-UP FORM

Please FAX to the Food Bank of the Hudson Valley on ____ close of business day to 845-534-____, Attn: _____

Firm Name: _____

Firm Physical Address/Suite#/Floor: _____

Firm Contact: _____

Contact Phone Number: _____

Number of Employees: _____

Please check here if your firm will be delivering food and monetary contributions to the Food Bank to receive the extra 25% bonus

Please check here if your firm has only a monetary contribution to be picked up and does not have any food donation

Amount of \$ collected: _____

The following questions pertain to firms that have collected food:

Approximate # of pounds, boxes, bags, etc., collected: _____

Yes No May pallet jacks/hand trucks be used to transport food in your firm's building?

Yes No May a service elevator be used in your firm's building?

Yes No If your firm resides in a multi-level building, can food be stored on the first floor?

If no, what floor will the food be stored? _____

THANK YOU AND GOOD LUCK!