



CELEBRATING THE LEGACY OF MARTIN LUTHER KING JR.



YMCA BETHESDA-CHEVY CHASE MLK DAY OF SERVICE

In honor of Martin Luther King Jr., YMCA Bethesda-Chevy Chase will be hosting the following events:

FRIDAY, JANUARY 17TH

- **Nourish Now:** Food drive starts on Friday and goes through Monday. Delivery to Nourish Now starts on Tuesday morning.
- **Non-Perishables Needed:**
Canned foods (fruit, low-sodium soups and vegetables), Staples (rice, cereal and pasta), and Snacks (granola bars, single serve pretzels, apple or other fruit squeeze packs, pouches etc.). *Please make sure snacks are child-friendly with **no nuts**.

MONDAY, JANUARY 20TH

- **8-10 am:** A light breakfast with an invocation about Day of Serving.
- **11-1 pm:** A table set-up in the lobby to share Y volunteer information and recruit volunteers.
- **All Day:** Video of MLK playing in community room.
- **All Day:** Cool Kids Club coloring sheets – MLK and Day of Caring sheets.

Nourish Now is a 501(c)3 nonprofit food bank, specializing in food recovery and providing donations from grocers, caterers, restaurants, bakeries, and other food donors for the benefit of children, families, and the elderly, as well as shelters, food pantries, and other organizations working to end hunger. Through our programs, viable food partners are identified, and donations of food are recovered and redistributed through our network. Nourish Now operates under the following key philosophies. Nourish Now strives to serve diverse populations through our Food For Families and Nonprofit Network programs. We collaborate with local nonprofits, government agencies, food businesses, civic organizations, and corporations in Montgomery County, Maryland to provide food assistance for people of all ages and living situations. Our services are available to youth, older adults, families, shelters, social services, and any organizations that offer food assistance to the community.

In Partnership with:

