

**Yes! I would like to help the  
Hebron Food Pantry:**

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**Name**

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**Address**

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**Phone Number**

**\_\_\_\_\_ I will be participating in the Walk/  
Run on May 13. Enclosed is my \$10  
registration fee.**

**\_\_\_\_\_ I will not be able to participate in the  
Walk/Run event, but I've included a  
donation.**

**Please return this form to:**

Alden-Hebron Elementary School

11915 Price Road

Hebron, Illinois 60034

***Please make checks payable to:  
Alden-Hebron Elementary School***

**Here is what we think!**

"It makes me feel proud to help the Food Pantry because they help others." – Trent

"If we raise money for the Food Pantry, we can help provide more food, especially healthy food, for people that can't afford it." –India

"The 5K will help us support the Food Pantry give healthy food to people that do not always have it. It's important to eat fresh fruit and vegetables because it gives us energy and keeps us healthy." – Anna

"By doing the 5K, I feel that I am helping kids in my community learn that it is important to eat healthy and stay active." – Adrianna

**See you there!**

**Alden-Hebron High School**

**Registration: 9 a.m.**

**Walk/Run Kick Off: 10 a.m.**

**Alden-Hebron Elementary  
5th Grade Service Learning**

**Presents:**

***Hebron  
Food Pantry***

**5K Walk/Run Event**



**5K Walk/Run**

## Did you know?

- Americans eat less than the recommended amounts of vegetables, fruits, whole-grains, dairy products, and oils.
- More than 23 million Americans, including 6.5 million children, live in food deserts – areas that are more than a mile away from a super-market.
- In 2008, an estimated 49.1 million people, including 16.7 million children, experienced food insecurity (limited availability to safe and nutritionally adequate foods) multiple times throughout the year.
- Empty calories from added sugars and solid fats contribute to 40% of total daily calories for 2–18 year olds and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk.
- The US percentage of food-insecure households, those with limited or uncertain ability to acquire acceptable foods in socially acceptable ways, rose from 11% to 15% between 2005 and 2009.

Source: U.S. Department of Health & Human Services

## The Hebron Food Pantry

- ◇ The Hebron Food Pantry started over 25 years ago in the Hebron United Methodist Church
- ◇ Run by volunteers
- ◇ Open the 1st and 3rd Thursday each month from 2 -4 pm
- ◇ Serves 30-40 local clients and their families each month within the Alden-Hebron School District
- ◇ Food is purchased from the Northern Illinois Food Bank
- ◇ Accept monetary, food, and toiletry item donations

## Hebron Food Pantry

**10317 Freeman Rd. Hebron, IL 60034**

**815-648-2320**



## Our Mission

“Our mission is to help the Hebron Food Pantry because we want to help local families have access to healthy fruits and vegetables. In addition, we want to educate as many people as possible about the importance of good nutrition. We hope that by having a better understanding of this, people will be able to make healthier choices about what they eat and lead healthy and happy lives.”

*–Mrs. Wenc & Ms. Trischan’s*

*5th Grade Class*