



Virtually Together!

March for Meals 2021

5K Run or 1 mile Walk

between March 1 - March 31

Anytime, anyplace, you decide!

During the month of March all across the country and here in Fairfield County, communities will come together to take a stand to make sure the 9.3 million seniors nationwide struggling with isolation and hunger will **NOT** be **FORGOTTEN**. Locally, Meals on Wheels of Fairfield County reaches over 3,000 older adults annually with nutrition or other supportive services to assure health, connection, and independence. Your efforts will support our work and make a difference in the lives of many.

The Virtual Experience: You can run or walk a virtual 5K or 1 mile at your house, on a treadmill, in the park, or at the mall. Participate at your convenience any time between March 1-March 31. **Be sure to take a picture and send it to us so we can post your efforts to Facebook.** Send pictures to mowfc@mowfc.org

March for Meals t-shirts available for all registered participants after April 15.



*Thank you for joining the march to help ensure
no senior goes hungry in Fairfield County!*

First Name: _____ Last Name: _____

Shirt Size: Child or Adult (circle one) Small Medium Large XLrg XXLrg XXXLrg

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Entry Fees: \$20.00 per person

Make checks payable to Meals on Wheels Fairfield County, Inc.
1515 Cedar Hill Road, Lancaster, OH 43130