

TBK KICKATHON!

NORTHERN
ILLINOIS
FOOD
BANK

JOIN US AT TRUE BALANCE KARATE AS WE WORK TOGETHER WITH THE NORTHERN ILLINOIS FOOD BANK TO THROW KICKS AND PACK PANTRIES!



MONETARY DONATIONS CAN BE GIVEN DIRECTLY AND SECURELY THROUGH THE LINK! CASH AND CHECK DONATIONS WILL ALSO BE ACCEPTED AT THE FRONT DESK.



[BIT.LY/KICKOUTHUNGER](https://bit.ly/kickouthunger)

STUDENT NAME: _____

NUMBER OF KICKS DONE IN CLASS: _____

DONOR NAME:	\$ PER KICK:	TOTAL AMOUNT COLLECTED:

\$1 DONATED PROVIDES \$8 WORTH OF GROCERIES FOR OUR NEIGHBORS IN NEED!



PHYSICAL DONATIONS!

NON-PERISHABLE FOOD ITEMS:

- PEANUT BUTTER
- CANNED TUNA/CHICKEN (IN WATER)
- WHOLE GRAIN PASTA AND RICE
- CEREAL AND OATMEAL
- DRIED BEANS AND LENTILS
- CANNED FRUITS AND VEGETABLES
- LOW/REDUCED-SODIUM SOUPS
- PASTA SAUCE
- SPICES AND SEASONINGS
(NO GLASS JARS)



OTHER ITEMS:

- PERSONAL HYGIENE ITEMS (SHOWER ITEMS, TOOTHPASTE, DEODORANT, HAND SANITIZER, ETC)
- DIAPERS AND WIPES
- PAPER PLATES AND PLASTIC CUTLERY
- HOUSEHOLD CLEANING SUPPLIES



PHYSICAL DONATIONS WILL BE
COLLECTED IN THE LOBBY AT THE STUDIO
THROUGH THE END OF OCTOBER!