

# Take the Pound for Pound Challenge

## To Help The Food Bank of Eastern Michigan



For every pound you pledge to lose through June 30, 2010,  
the Pound for Pound Challenge will donate 14¢ to  
your local food bank based on the zip code entered. It only  
takes a minute to help feed the hungry in your community.

Sign up for the Pound for Pound Challenge at:

[www.ptpchallenge.com](http://www.ptpchallenge.com)

Receive recipes, weight loss tips and more.



For more info contact Mary Clark at the Food Bank of Eastern Michigan,  
2312 Lapeer Road, Flint, MI 48503, 810-239-4441  
Direct Line: 810-396-0217