Suggested Messages To Send for Fundraising:

**Message #1:**

**URGENT NEED**

**There is an urgent need for food on the shelves at PWA.** The cost of food and living has directly impacted the amount of donated food PWA receives each week from our supplier.

What used to be **six pallets** of food for the Essentials Market… has been reduced to **two pallets** once a week.

PWA is committed to making sure community members most in need of resources have them at the Essentials Market. This means using other financial resources which in time will be a strain.

This is part of my WHY I am biking from Toronto to Montreal this August – to raise urgent funds for PWA and the Essentials Market.

I invite you to join me with your support and a contribution to ensure there IS ALWAYS ENOUGH for those who have no where else to turn.

THANK YOU!

**Message #2:**

**THE YOUTH OF PWA NEED YOU!**

PWA impacts the lives of hundreds of youth.

Many have one or two parents who have HIV/AIDS.

I am biking for the next generation to know that anything is possible this August from Toronto to Montreal.

Often many of the parents that visit the Essentials Market at PWA have children full of dreams at home.

Dreams quickly fade when hunger is a constant distraction.

There is a **CRISIS** that the amount of food donated to the Essentials Market at PWA has been cut.

I invite you to listen to how Javardo not only brought food home to his family but HOPE from PWA.

This is why every hour on my bike from Toronto to Montreal is to bring hope home for more families.

Join me with your support and donation so dreams become a reality for the youth of PWA.

**THANK YOU!**

**Message #3:**

The Essentials Market at PWA welcomes individuals from the community from all over the world.

Sadly, the critical shortage of supplies to stock the shelves impacts ethnic foods, too.

These items are the basics many individuals along with their families need to maintain healthy living while adapting to a new culture.

As I bike this August from Toronto to Montreal the spirit of hope is fueling me.

Listen to Somdatt from PWA share why this is so critical now more than ever.

I invite you to expand this hope with a donation for the necessary supplies and ethnic foods that so many need from PWA.

**THANK YOU!**