



Heron Emergency Food Centre

1480 Heron Road Ottawa

What: Step Up and Step Out to Stop Hunger Walk

When: Saturday, September 25th 2010 9am-noon

Where: 5km walk starting at St. Timothy's Church, 2400 Alta Vista Drive, Ottawa ON

Why: All funds raised from this walk will help the HEFC meet the rising cost of food and the increase in the number of South East Ottawa residents needing assistance. Registration is free and participants are encouraged to collect pledges within the community. Tax receipts will be issued for donations.

The walk will take place rain or shine. Enbridge Gas Community Events Team will be holding a BBQ at the end of the walk

Registration forms will be available at the HEFC and at David McGuinty's constituency office on Thurston Drive.