



FOOD &
FRIENDS

MOVE FOR MEALS

WALK • RUN • BIKE

OCTOBER 1 - NOVEMBER 1, 2025

Sponsorship Opportunities





About Move for Meals

Move for Meals is a month-long fitness and fundraising event supporting Food & Friends' mission to deliver nutritious, medically tailored meals to individuals living with serious illnesses. Throughout October, participants can walk, run, or bike **anywhere** to promote health and raise awareness.

Every \$30 raised provides one day of home-delivered, medically tailored meals. With a fundraising goal of \$200,000, this event brings together neighbors, volunteers, and wellness enthusiasts to make a real impact, one meal and one mile at a time.

How to Get Involved

Walk, Run, and/or Bike

Run, Walk, and/or Bike wherever you are in the month of October and track your time via Strava (a fitness tracking app you can link to the event website) or manually enter your time to earn points. Push yourself to go the extra mile!

Register

Each participant will pay \$30 to register, which equals 1 day of medically tailored meals for an individual living with a serious illness.

Fundraise

Send your participant page to your friends and network and ask for their support! Each registrant commits to raising \$200 through peer-to-peer fundraising.

You can participate as an individual or a team!

Opportunities for Young Professionals

Join the Leadership Committee of 10+ young professionals and community members and work with Food & Friends to raise sponsorships through your personal and professional network.

Contact Jenna Smith to learn more!
jsmith@foodandfriends.org



Sponsorship



Level	Exclusive: Presenting Sponsor	Registration Sponsor	Exclusive: Kick-off Event Sponsor	Challenger	Coach	Leader	Goal Setter	Partner
Sponsorship Opportunities	\$20,000	\$15,000	\$12,000	\$10,000	\$5,000	\$2,500	\$1,000	Provides activity, advertisement, or raffle donation
Sponsor Registrations Included	60	45	40	30	20	15	10	10
Placement on Event Main Page and Event Banner Images	✓							
Logo Placement on Registration Confirmation Email		✓						
Recognition as Kick-Off Event Sponsor on Oct. 1			✓					
Recognition on Website	Logo	Logo	Logo	Logo	Logo	Listed	Listed	Logo
Record Event Kick-Off Video								
Record Thank You for Registering Video								
Kick-Off Event Speaker	✓							
Presenting Sponsor of Employee Engagement & Wellness Roundtable	Logo on invitation / Host event at corporate office	✓	✓					
Tote Bag Insert: Examples: water bottle, sweat towel, bandana, etc. DROP OFF/MAIL to Food & Friends by Sept. 15	Branded promotional item (500 units, sponsor provided)	Branded promotional item (500 units, sponsor provided)	Branded promotional item (500 units, sponsor provided)	Branded promotional item (500 units, sponsor provided)	Branded one-pager / postcard (500 copies)	Branded one-pager / postcard (500 copies)	Branded one-pager / postcard (500 copies)	Branded one-pager / postcard (500 copies)
Recognition on tote bag - DEADLINE: Aug. 21	Logo	Logo	Logo	Logo	Logo			
Invitation to Employee Engagement & Wellness Roundtable	6 guests	4 guests	4 guests	4 guests	2 guests	2 guests		2 guests
Recognition on Donation Confirmation Page & Confirmation Email	✓	✓	✓					
Digital Communications - Event Emails in Sept. & Oct. Monthly Mouthful Newsletter	✓	✓						
Recognition on Fence Banner & Digital Ads / DEADLINE: Aug. 29	✓	✓						
Recognition on Posters (for gyms and event promotional materials) DEADLINE: Aug. 18	Logo	Logo	Logo	Logo	Listed			
Media Opportunities	Quote in press release							
Corporate Branded/Written Blog Post	✓	✓	Thanked	Thanked	Thanked			
Weekly Theme Sponsor				Exclusive sponsor of one weekly theme				
Mentions on LinkedIn	Dedicated Pre-Event Post	Dedicated Post-Event Post	Dedicated Post-Event Post	Dedicated Post	Thanked	Thanked	Thanked	Thanked in Partnership Post

Food & Friends Mission: You Make It Possible

Food & Friends is built on a simple premise: anyone can get sick, and everyone can help.

In FY 2024, Food & Friends home-delivered 1,612,648 medically tailored meals to 5,272 seriously ill individuals in the District of Columbia, Maryland and Virginia. Our clients have a range of illnesses including cancer, diabetes, renal disease, HIV/AIDS, maternal health concerns, heart disease and other illnesses.



1,612,648
meals delivered
to residents
in the region



5,272
total clients
live in the
region



1,022
nutrition encounters
with our registered
dietitians



4,300+
volunteers
live in the region



75%
of all households
served have **income**
less than \$1500/month



Scan the QR code to learn more
and register today!



FOOD &
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Join Our Community



@foodfoodandfriends



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fb.com/foodandfriends