BIKE TO THE SEA

Bread of Life
Food for the body...Nurture for the soul

How does it work?

1. Pedal the streets of Malden as you search for a list of groceries.
2. Collect and carry as much as you can.
3. Donate your haul to Malden's Bread of Life.
4. Save your receipts for up to $20 reimbursement and to be awarded prizes!

Most-Needed Items:

- Boxed mashed potatoes
- Boxed stuffing
- Vegetables
- Gravy mix
- Tuna pouches
- Pasta
- Rice
- Canned soup
- Laundry detergent
- Tissues
- Dish detergent
- Hats and gloves

Specialty Items:

- Tortillas
- Jared Hot Peppers
- Instant Noodles
- Canned Seafood
- Sumac Spice
- Tamarind Chutney
- Coriander Chutney
- Pork Floss
- Bean Cake
- Nougat Candy
- Rolled Squid
- White Rabbit Candy

THE LAWRENCE & LILLIAN SOLOMON FOUNDATION

The 2nd Annual Cranksgiving

Food Drive on Two Wheels

Timeline:

10:00am - Check-in and event orientation
10:30am - Ride begins!
12:00pm - Ride ends - return to Bread of Life by this noon or earlier
12:00pm - Pizza party, judging, and awarding of prizes
1:00pm - Event concludes