nourish.NJ
HUNGER WALK & 5K RUN 2026

May 3, 2026
Central Park of Morris County
Parsippany, NJ
5K Race Start Time: 10:00 AM
Hunger Walk Start Time: 12:00 PM

Youth & School Team Toolkit

Why We Walk

On May 3, people across Morris County will come together to make a real difference.

Nearly 1 in 10 Morris County residents does not know where their next healthy meal is coming from. Hunger exists right here in our community.

By participating in the nourish.NJ Hunger Walk & 5K Run, you are helping raise both funds and awareness for neighbors who are facing hunger and housing instability.

At nourish.NJ, people are treated with dignity and compassion. Fresh and healthy meals are served. Groceries are distributed. Families receive guidance toward stability and self-sufficiency.

Your effort helps make that possible.

Our community goal is to raise $125,000. Students and schools play an important role in reaching that goal.

How You Can Make an Impact

You do not need to raise thousands of dollars to make a difference.

If 20 students each raise $100, that is $2,000 which will provide more than 300 fresh and healthy meals for local families.

If 50 students each raise $150, that is $7,500 providing more than 1,000 meals.

We ask you to commit to raising $150 and helping provide more than 20 fresh, healthy meals for neighbors in our community.

Start early. Ask five people this week. You may be surprised how quickly you reach your goal.

Recognition & Prizes

We love celebrating student leadership and impact.
• Every participant who raises $150 will receive an official nourish.NJ Hunger Walk hat.
• The Team Leader with the highest fundraising total will receive a $100 gift card.
• The Team Leader with the most individual donors will receive a $100 gift card.
Fundraising helps our neighbors, and a little friendly competition makes it even more fun.

How to Get Started

All registration takes place at:

www.nourishnj.org/walk

On the main page, click **Start or Join Team**.

To Start a Team

1. From the sign-up page, enter your information and click **Become a Fundraiser**.

2. Click **Join or Create Team**.

3. Enter your school, club, or team name.

4. Set a team fundraising goal.

5. Complete your registration.

Once your team is created, share your team name and the event link with others so they can join. The earlier you start, the more time you have to reach your goal. **You can always find your fundraising link in your confirmation email.**

Encourage classmates, teammates, or club members to join your team.

To Join a Team

1. Scroll down on the main event page.

2. Click on the **Teams** tab.

3. Search for your school or team name.

4. Click **View** below your team.

5. Scroll down and click **Join This Team**.

Each person will receive their own personal fundraising page connected to the team. Your individual fundraising efforts will automatically and simultaneously count toward the team total.

Simple Fundraising Ideas for Students

Start with people you know:

- Parents and family members
- Neighbors
- Teachers
- Coaches
- Family friends

Ask in person when possible, or send a short email or text with your fundraising link.

Be clear about your goal. For example:

"I'm raising $150 to support families in our community. Would you consider donating?"

Specific goals make it easier for people to say yes. Even small donations add up quickly when many people participate.

Copy, Paste, and Personalize

You can use the messages below to invite support.

Email to Family and Friends

Subject: Please support my participation in nourish.NJ's Hunger Walk & 5K Run

Hi [Name],

I'm participating in nourish.NJ's Hunger Walk & 5K Run on May 3 to help support families in our community who are facing hunger and housing instability.

I've set a goal of raising [$____], and I would really appreciate your support. Every donation helps provide fresh and healthy meals and services to local families.

Here is my fundraising link:
[Insert your link]

Thank you so much for supporting me.

[Your Name]

Shorter Email Option

Subject: Please support my nourish.NJ Hunger Walk & 5K Run fundraiser

Hi [Name],

I'm walking in nourish.NJ's Hunger Walk & 5K Run and raising money to help provide fresh and healthy meals to families in Morris County.

Please support my efforts here:
[Insert link]

Thank you for your support.

[Your Name]

Text Message

Hi [Name], I'm raising money for nourish.NJ's Hunger Walk & 5K Run to help provide fresh and healthy meals for families in our community. Would you consider donating to my goal? Here's my link: [Insert link]. Thank you.

Text Reminder

Hi [Name], I'm getting close to my fundraising goal for the nourish.NJ Hunger Walk & 5K Run. If you're able to support me, here's my link again: [Insert link]. I really appreciate it.

Social Media Post

I'm participating in nourish.NJ's Hunger Walk & 5K Run to support families facing hunger and housing instability in Morris County.

Please support my fundraising goal, donate here:

[Insert link]

Every donation makes a difference to provide fresh and healthy meals

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Progress Update Post

I'm halfway to my nourish.NJ Hunger Walk & 5K Run fundraising goal. Thank you to everyone who has donated so far. If you haven't donated yet, here's my link:

[Insert link]

Leadership Opportunities

Students who take initiative by:

- Recruiting others
- Leading a team
- Promoting the walk at school
- Sharing updates
- Encouraging classmates

demonstrate leadership and community engagement.

Students who participate are eligible for community service hours.

On May 3rd

- Wear your school colors or matching shirts.
- Walk together as a team.
- Take a group photo.
- Social media posts at the event.
- Celebrate what you accomplished.

Questions?

If your school would like support forming a team, coordinating service hours, or sharing announcements, the nourish.NJ team is happy to help. Email: steven@nourishnj.org