



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

Team Leader 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. Rising food and housing costs continue to put pressure on working families, seniors, and individuals living paycheck to paycheck.

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 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.

How You Can Make an Impact

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

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

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

We encourage each participant to set a goal of at least \$150, with many participants aiming for \$250 or more.

Every participant who raises \$150 or more will receive an official nourish.NJ Hunger Walk hat.

Start early. Reach out personally to at least five people this week and follow up with a reminder.

How to Get Started

Registration and fundraising pages are available 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 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 friends, family or co-workers 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 team, company, congregation, or group 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 count toward the team total.

Simple Fundraising Ideas

Start with people you know:

- Family and friends
- Colleagues and professional contacts
- Members of your congregation or civic group
- Neighbors
- Social media connections

Consider making a personal ask by email, text, or phone. A direct, individual message is more effective than a general social post. Many participants reach their goal within the first week by making 5–10 personal asks.

Copy, Paste, and Personalize

You can use the messages below to invite support.

Email to Family and Friends

Subject: Join me in supporting nourish.NJ's Hunger Walk & 5K Run

Hi [Name],

On May 3, I'm participating in nourish.NJ's Hunger Walk & 5K Run to support families in Morris County who are facing hunger and housing instability.

I've set a goal of raising [\$____], and I'm asking a small group of people I care about to help me reach it. A gift of \$25, \$50, or \$100 can make a meaningful difference.

You can support my efforts here:

[Insert your link]

Thank you for considering a donation. I truly appreciate it.

[Your Name]

Professional Version

Subject: Supporting nourish.NJ – May 3

Hi [Name],

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

If you're able, I'd appreciate your support in helping me reach my fundraising goal.

Here is my link:

[Insert link]

Thank you for considering it.

Best,

[Your Name]

[Prefilled full email](#)

Or QR



[Prefilled short email](#)

Or QR



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 helps provide fresh meals and critical support to local families.

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]

Leading a Team

Strong teams often:

- Set a shared fundraising goal
- Communicate weekly progress
- Celebrate milestones
- Encourage participation beyond their immediate circle

Team leaders play a critical role in helping us reach our \$125,000 community goal.

On May 3rd

- Represent your team, company, congregation, or family group
 - Walk or run together
 - Take a team photo
 - Share your participation and tag nourish.NJ
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Questions?

If your company, congregation, organization, or group would like support forming a team or sharing announcements, the nourish.NJ team is happy to help. Email: steven@nourishnj.org