

FUSW Midnight Run, Friday, July 26, 7:00pm

Greetings! It's been two months since our last Midnight Run and it is time to head back to the city again. We know it's a busy time of year, so please make it a priority to help those who need help the most, our friends on the streets. In the summer a lot of Run groups are on hiatus, so the need for what we offer is even greater.

We meet at FUSW between 6:45 and 7:00pm to pack and prepare food, drink, clothing, and toiletries. We need lots of volunteers to do that prep, lots to contribute the food, drink, and clothing we hand out, and lots to go to the city to meet our homeless friends and lift their spirits. If you can help in any way, we need you – anything you do makes a difference!

Here are the food items that we need for this Run:

- sliced cheese for 90 sandwiches
- 11 loaves of wheat bread
- 100 juice boxes
- 80 pieces of fruit (soft like bananas preferred)
- mayonnaise and mustard for the sandwiches
- 400 Oreo size cookies
- 60 hard-boiled eggs
- 1 gal whole milk

For clothing, please go through your closets and reach out to your friends for new or gently used:

- light jackets, sweaters, sweatshirts, and hoodies;
- long and short sleeve shirts;
- pants, jeans and shorts (especially waist sizes 34" to 40");
- caps; and
- footwear (especially sneakers).

We also need **new** – not used – women's and men's underwear and socks (but we **don't** need men's XL underwear). Boxers, boxer briefs, or colored briefs preferred. We also collect and distribute travel-size shampoo, conditioner, body wash, body lotion, toothpaste and soap, as well as deodorant, razors, combs, and toothbrushes.

Clothing and toiletries can be left in the white box on the FUSW porch any time. Food items can be dropped off a day or two in advance. Call FUSW (914-478-2710) to be sure there is someone to let you in the building if you don't have a key.

As always, it's takes a community to make our Run a success. We look forward to hearing from you and to seeing you at FUSW on the 26th.

Annie Patton (annie.k.patton@gmail.com), 914-588-4782

Art Lowenstein (arthur.lowenstein@gmail.com), 914-844-4189