



## **Girls on the Run® Sonoma County Donates 869 Pounds of Food to the Redwood Empire Food Bank**

**SANTA ROSA, Calif., Dec 10, 2010** – Girls on the Run® Sonoma County collected and donated 869 pounds of non-perishable food to the Redwood Empire Food Bank in Santa Rosa, which will feed 684 meals for Sonoma County men, women and children.

The Redwood Empire Food Bank, the largest hunger relief organization north of San Francisco, touches nearly 78,000 people every month with food assistance. To help combat hunger, Girls on the Run® Sonoma County partnered with the Redwood Empire Food Bank and orchestrated a collective food drive in November. The community service project is the third and final phase of the Girls on the Run® curricula. It's a key component of the 10-week program, and very empowering to the girls.

### **About Girls on the Run® Sonoma County**

Girls on the Run® Sonoma County is an after-school program that uses the power of exercise to focus on building self-esteem and improving emotional and physical health. Girls are empowered with a greater self-awareness, a sense of achievement and a foundation in team-building to help them become strong and confident young women. For more information about Girls on the Run® Sonoma County, visit [www.gotrsonomacounty.org](http://www.gotrsonomacounty.org).

### **About Redwood Empire Food Bank**

The Redwood Empire Food Bank acquires millions of pounds of food and distributes it throughout Sonoma County through its own food assistance programs as well as 147 community-based charitable organizations. The Redwood Empire Food Bank also provides food to Lake, Mendocino, Humboldt and Del Norte counties, so local organizations can provide food assistance. For more information about the Redwood Empire Food Bank, visit [www.refb.org](http://www.refb.org).

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