

2019

**52nd Annual
PANCAKE
DAY**

February 22

Snow Date: Friday, March 1

7AM—7PM

All You Can Eat

**Pancakes, Sausage, Bacon,
Hot Syrup & Beverage**

\$7/Adult

\$3/Child under six years old

Carry Out Available



Sponsored by Genesis SS Class.

**Wilkesboro United Methodist Church
309 W. Main St.
Wilkesboro, NC 28697
336-818-0552 * wilkesboroumc.com**

RiseSM
AGAINST HUNGER

food • community • sustainability

**Meal Packaging Event
Sunday, February 24th**

at 2:00pm in the Fellowship Hall.

[Snow Date = March 3rd] There are tasks available
in standing and sitting down positions.

The RAH program will ship the 20,000 meals we assemble to schools, refugee camps, and other areas of emergency need in developing countries.

Your financial gift to WUMC (memo: RAH) and help packaging meals are welcomed. Signup yourself/group with the church office.

- ❶ Lack of Vitamin A weakens the immune system, can cause blindness and lead to death.
- ❷ Iron deficiency is the most common form of malnutrition. For children, the health consequences include ... physical and cognitive underdevelopment and elevated risk of death.
- ❸ Iodine deprivation is the main cause of brain damage during early child development.
- ❹ RAH meals are highly nutritious dehydrated meals comprised of rice, soy, vegetables, and 23 essential vitamins and minerals.
- ❺ Visit www.riseagainsthunger.org to learn more.

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