



Dear Walkers,

“The **Coldest Night of the Year** is a covid-safe, family-friendly walk to raise money for charities serving people experiencing homelessness, hurt, and hunger. Walk virtually or in-person on February 20, 2021 – there's a place for everyone!” CNOY.org

Please join the Nicola Valley Food Bank in raising awareness, while raising funds to help the vulnerable in our community. The Nicola Valley has proven to be a community that is caring and giving and for that, the food bank is profoundly grateful. We are one of two of the smallest communities in BC that are participating in this national walk. Let's walk 2 or 5 kilometres in “someone else's shoes” to show the nation that we are a small community with a heart full of pride and compassion.

You can help us by joining a team or get a team of your own together. We are looking for Captains, participants, donors and volunteers.

If you would like to be a part of this national walk, please log into [CNOY.org/nicolavalley](https://CNOY.org/nicolavalley) and check out the site.

Please keep in mind due to Covid-19, a virtual walk aspect has been implanted which means, you can walk on your own or with your family in your bubble on a date that is convenient for you.

If you would like more information, please reach out to one of the Captains listed below at [cnoynvfb21@outlook.com](mailto:cnoynvfb21@outlook.com)

Derlanda Hewton  
Sherry Desy

Josie Muto  
Danielle McDougall

