

Legal Feeding Frenzy 2019 Kick-Off Events

Join us in your community to kick off Legal Feeding Frenzy and see firsthand how supporting local food banks impacts your neighbors. These are unique opportunities to connect with colleagues and give back to your community. Events will include sorting and packing food, preparing backpacks, and assisting at the produce market. (Please wear orange for hunger awareness.)

WHO | **The North Carolina legal community**, including lawyers (including corporate/in-house counsel), paralegals, legal assistants, practice administrators, law professors and law students. Families are welcome to be involved as well (age restrictions apply).

WHEN | **January 4 - February 23, 2019, in the following communities:**

Southern Pines/Sandhills	January 4, 9 a.m. - noon
Durham	January 5, 9 a.m. - noon
Raleigh	January 5 1-4 p.m.
Wilmington	January 18, 9 a.m. - noon
Elizabeth City	January 21, 9 a.m. - noon
Greenville/New Bern	January 26, 9 a.m. - noon
Charlotte	February 2, 9 a.m. - noon
Winston-Salem	February 9, 9 a.m. - noon
Fayetteville	February 9, 9 a.m. - noon
Durham	February 16, 9 a.m. - noon
Asheville	February 23, 9 a.m. - noon

ABOUT | **Legal Feeding Frenzy is an annual joint program of the NCBA Young Lawyers Division and Feeding the Carolinas food banks.** It aims to fight hunger across North Carolina by uniting the legal community in support of local food banks. Over half of all soup kitchens, food pantries and other meal programs rely entirely on volunteers. Due to the devastating impacts of Hurricanes Florence and Michael, they need our help now more than ever.

Email **Michele Livingstone** (michele.livingstone@gmail.com) to volunteer. Sign up today— spots are limited!