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For Immediate Release

Contact: Mary B. Ingarra
Phone: (203) 469-5000 ext. 309 (office)
(203) 619-3696 (cell — for media calls only)
E-mail: mingarra@ctfoodbank.org

Get Fit and Earn Money for Connecticut Food Bank with Free Mobile App

Charity Miles' free mobile app to help food banks

East Haven, CT – Feeding America, the nation's network of food banks, has teamed up with Charity Miles, a new, free iPhone and Android app that enables people to earn money for charities while walking, running or biking. Connecticut Food Bank is a member of Feeding America. For every mile covered, walkers and runners earn 25 cents per mile, and bicyclists earn 10 cents per mile for their selected charity.

Once the app is downloaded and Feeding America is selected from the list of participating charities, participants from Fairfield, Litchfield, Middlesex, New Haven, New London and Windham counties will be raising money to support Connecticut Food Bank and its network of 600 local food assistance programs.

More than 11 million Americans walked, ran or biked for charity last year, collectively raising more than \$1 billion from family and friends but seldom had corporate sponsors. Charity Miles has created a sponsorship pool of \$1 million to support the efforts of participants.

"Connecticut Food Bank is committed to helping people be healthy. We have increased the distribution of fresh produce by 49% to help provide more nutritious meals for people in need," said Nancy L. Carrington, President and Chief Executive Officer of Connecticut Food Bank. "Now everyone can support the food bank at the same time that they engage in activities that help them stay fit and healthy."

More information about Charity Miles can be found at www.charitymiles.org. Charity Miles is now available to download for free at the [iPhone](#) and [Android](#) app store. Information about Connecticut Food Bank can be found at www.ctfoodbank.org.

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Connecticut Food Bank serves approximately 600 local emergency food assistance programs in six of Connecticut's eight counties: Fairfield, Litchfield, Middlesex, New Haven, New London and Windham. Connecticut Food Bank distributes an average of 33 tons of food every business day.