



October 2007

Dear friends:

Practically every day we rush to fit dinner in between work, school, meetings, games, lessons, practices and everything else we have to do. Sitting down to regular home-cooked meals with our families seems like a luxury these days, but **Mr. Food no-fuss Meals** in Coral Springs makes it possible...and we're partnering with them to help us raise funds for the Ronald McDonald House Charities of South Florida.

The goal of **Mr. Food no-fuss Meals**, the exciting meal preparation option from TV food personality and cookbook author Mr. Food, is to bring families back around the table by helping reduce stress, save time and money, and solve the daily dilemma of "What's for dinner?!"

Here's how "No-Fuss Fundraising" works:

1. Go to **www.nofussmeals.com** and click on "Sign Up Now," choose the closest location and a date/time that is convenient for you to attend a session at **Mr. Food no-fuss Meals**, or schedule a convenient no-fuss Grab 'n' Go pick-up order that is made especially for you.\*
2. Choose meals from their tempting offerings – their menu changes monthly.
3. Pay online for your session. When inputting your name and other order information, **YOU MUST INCLUDE THIS FUNDRAISING CODE: F-FL-RMHC IN ORDER FOR US TO RECEIVE CREDIT FOR YOUR PURCHASE.**

For every member or friend who uses this code for a meal assembly session (or a no-fuss Grab 'n' Go pick-up order), **Mr. Food no-fuss Meals will make a donation equal to 10% of your order to the Ronald McDonald House Charities.**\*\* It's that quick and easy!

Not only will "No-Fuss Fundraising" with **Mr. Food no-fuss Meals** help us reach our fundraising goal, but it will give us all the opportunity to save money, reduce our stress levels and bring our families back together around the dinner table.

**To kick off our fundraising, we're going to have a Private Party at Mr. Food no-fuss Meals in Coral Springs on Thursday, October 4, 2007 at 1:00 p.m.** Please plan to join us for a fun time! Simply sign up as above, use Privacy Code and REMEMBER TO USE **FUNDRAISING CODE F-FL-RMHC** WHEN ORDERING!

Thanks for joining me for this fun and rewarding program! If you have any questions, you can contact me at (954) 828-1822, ext. 8942 or via email at [Soraya@rmhcsouthflorida.org](mailto:Soraya@rmhcsouthflorida.org)

Regards,

Soraya Rivera-Moya  
Executive Director, RMHC of South Florida

\*There is an additional charge for no-fuss Grab 'n' Go orders

\*\*This fundraising opportunity cannot be combined with other promotional offers, rewards programs or coupons.