



March 2023

Dear School, Youth and Family Leaders:

We are writing to you about an exciting event involving **Lunch Break & Family Promise of Monmouth County (FPMC)**. On **Friday April 28th, 2023**, we will be holding our **11th Annual Night Without a Bed event**. Previously called Cardboard Box City, the mission of the event remains the same, to provide an opportunity for Monmouth County youth to learn about the plight of families and children who are experiencing homelessness every night. In addition to raising awareness, Night Without A Bed also raises much needed funds to support program operations such as; food, clothing, emergency shelter, comprehensive case management, transportation, life skills training and prevention/stabilization for our families. As in years past, participants are asked to sleep in a box for one night in addition to raising pledges of at least \$100 for the cause.

Did you know that in Monmouth County approximately 300 children are homeless on any given night? Every year in America, over 3 million children experience homelessness. As you may be aware, Lunch Break continues to provide life's basic necessities of food, clothing, life skills and fellowship to the financially insecure individuals and families in Monmouth County and beyond. **Lunch Break** and **FPMC** combined resources in 2021 to assist local communities in coordinating their compassion to address the root causes of family homelessness — holistically. Through prevention services before families reach crisis, shelter and case management when they become homeless, and stabilization programs once they have secured housing.

This year we are forming a Youth Committee to assist in the planning and success of this event. Let's partner to make a huge difference for those most vulnerable members of our beloved Monmouth County! We will be here every step along the way to help make this event personal and meaningful in our community.

Please contact us for further information with your interest to Gillian Sahadi at NWBevent@lunchbreak.org.

With gratitude,

Event Co-Chairs

Jessica Stepanski
Board of Trustee, Lunch Break

Gillian Sahadi
Volunteer