



**We will be participating in Swim for Food at our  
Dual Meet on November 20, 2010**

## **RVY Riptide vs Montclair Y Marlins**

**Please bring an item or items of non-perishable food to the  
meet and drop it in the container with your team name on  
it. Food will be donated to**

**Elijah's Promise Soup Kitchen in New Brunswick &  
Human Needs Food Pantry in Montclair**

**Needs especially include hearty soups, low-salt items and  
large cans since Elijah's can use their food in their soup  
kitchen.**

**Swim for Food is a non-profit that runs  
Friendly Food Drive Competitions at swim meets.**

**The real winners are the hungry people in NJ ☺**

**In 2010 NJ swimmers have donated over 12,000 pounds  
around the state! [www.swimforfood.org](http://www.swimforfood.org)**

