



KickingforCauses.org



401.439.7748



kickingforcauses

## *Kicking Hunger & Food Insecurity RSAK To Support FeedRI's Feed The Future Program*

**Kicking for Causes** is a 501c3 non-profit charity that focuses on fundraising and educational campaigns designed to engage community members, families and children in leadership development, creative fundraising and martial arts training. The goal is to further the growth and sustainability of local organizations including those dedicated to education, youth programs, community development, medical research and more. Over the past 13 years, Kicking for Causes has helped raise over \$300,000 for charitable causes.

This year for the 2026 Kicking for Causes fundraising event at **Rocky Silva's American Karate**, we will be partnering with **FeedRI** and their **Feed The Future** school pantry program. Our event will help support the many efforts of the organization as they try and reach even more students who are battling hunger and food insecurity. We are trying to raise over **\$50,000** at this year's Kicking for Causes event to help them reach their goal!

This year we are excited to announce that our board breaking fundraiser which will be held at Rocky Silva's American Karate on **Saturday, June 6<sup>th</sup>, 2026** also marks Kicking for Causes' 13<sup>th</sup> anniversary since its founding. Thousands of boards will be available for a minimum donation of **\$10** per board. Sponsor a board in support of FeedRI, RSAK, family members, friends or simply to rally behind an important philanthropic opportunity. Boards may be decorated and commemorated the day of the event at RSAK in honor of those who have donated. When you arrive on June 6<sup>th</sup>, the instructors and volunteers of Rocky Silva's American Karate will assist students and families in their breaking of these honorary boards. The day will also include other exciting activities including music, games, educational classes, raffle prizes for kids and adults and other surprises. Together we can raise funds for a great cause, all while having fun and "Kicking Hunger". All donation information can be found at [www.KickingForCauses.org](http://www.KickingForCauses.org)

**ALL DONATIONS SHOULD BE TURNED IN PRIOR TO JUNE 6<sup>TH</sup> , HOWEVER  
DONATIONS WILL BE ACCEPTED THROUGH THE DAY OF THE EVENT**

### Information & Questions

Please Contact Mr. Lazouras  
Kicking for Causes, Founder  
401-439-7748 [info@kickingforcauses.org](mailto:info@kickingforcauses.org)

### Saturday, June 6<sup>th</sup> Event Location

Rocky Silva's American Karate  
1275 Fall River Avenue  
Seekonk, MA 02771



ROCKY SILVA'S  
AMERICAN KARATE  
— EST. 1990 —

# Kicking Hunger & Food Insecurity

# FeedRI™

## *This Year's Goal is \$50,000+*



**1** Find Your  
Passion  
& Cause

**2** Team Up  
& Work  
Together

**3** Raise  
Funds For  
The Cause

**4** Make a  
Break-  
Through

## ***FeedRI's "Feed the Future" School Pantry Program***

Every child deserves to focus on learning, not hunger. FeedRI's school pantry program transforms educational spaces into nutrition access points, ensuring students have reliable access to food; during school hours and beyond. It started with a Providence educator's urgent call with students struggling to access food outside school hours. That single conversation sparked a movement that now serves Rhode Island's highest-need school districts. In Rhode Island's highest-need districts, over 50% of students face economic disadvantages. While school breakfast and lunch programs provide crucial support, many students still experience meal gaps during evenings, weekends, and vacations. FeedRI creates sustainable, dignified food access points within schools; installing complete pantry infrastructure, providing necessary appliances and shelving, delivering fresh and shelf-stable food biweekly, and offering varied options including produce, proteins, dairy, and more. Each pantry serves as a warm, welcoming space where students can independently select foods that meet their families' needs and preferences. This approach reduces stigma around food assistance, empowers student choice, supports family nutrition, and bridges crucial meal gaps.

## Kicking for Causes Mission

Kicking for Causes is a 501c3 non-profit charity that focuses on fundraising and educational campaigns designed to engage community members, families and children in leadership development, creative fundraising and martial arts training.

TAX EXAMPT ID# 46-4143094



### BUY

Sponsor a Kicking for Causes Board in honor, memory or support of a great cause. Each donation is tax deductible and helps us reach our fundraising goal

### BREAK

Make breakthroughs as you smash wooden karate boards in an exciting exhibition of confidence, determination and focus.

### How Do My Donations Help?

**Every Kicking for Causes donation helps support key initiatives including...**

- ✓ Supporting local and national charities
- ✓ Providing important self-defense and awareness trainings to youth and adults
- ✓ Support local businesses and community members
- ✓ Provide funding into the Kicking for Causes general fund which aims to establish future charitable giving and scholarship opportunities
- ✓ Help Kicking for Causes continue its mission for future events
- ✓ Charitable partners receive 80%+ of all donations collected to help them best serve children and families in need of assistance

### BELIEVE

Believe in making a difference in the community, and know that you have made an impact on the lives of others.

### How Do I Fundraise?

**Please fill out the attached fundraising log sheet completely and return it with the following:**

- Correctly filled out Donation Log Sheet with the number of boards and dollars raised
- Enclosed donations in the form of cash or checks made payable to Kicking for Causes
- Place all of the above, including a printout or record of any online donations, in a sealed envelope with the students' name

# HOW TO MAKE FUNDRAISING EASY

Fundraising can be a challenge at first, but here are some helpful tips to help you reach your individual fundraising goals this year!

## Have you asked people you know for their support?

- Parents, siblings
- Grandparents and extended family
- Current and past teachers
- Family's coworkers or employees
- Neighbors
- Friends and classmates
- Coaches and teammates
- Have you made your own donation yet?
- Share the good work you are doing on your parent's social media or your own social media

## Are you taking advantage of social media to make fundraising easy and simple?

Facebook, Instagram and other social media platforms can serve as a huge resource in spreading the word of your incredible fundraising efforts. Try some of the following easy and fast methods for reaching new donors:

- Share Kicking for Causes posts via their Facebook page
- Try sharing past photos or the Kicking for Causes website, [www.kickingforcauses.org](http://www.kickingforcauses.org)
- Send your contacts the link to donate at [www.kickingforcauses.org/donate](http://www.kickingforcauses.org/donate)
- Update your status and posts weekly with progress reports and info
- Try posting a picture/video of you or your child in uniform asking for donations and support

First, pick a total goal of how much you would like to fundraise. Then try setting goals each week and when you accomplish them, color in your thermometer below; then set a new goal! Maybe try using dollars raised or even the # of boards you would like to break

## YOUR FUNDRAISING GOAL

\$



