

EAT, DRINK, AND BE MERRY WHILE YOU RAISE FUNDS FOR THE TJ BANDS

To help raise funds for TJHSST Bands, we invite you to participate in a fun, new fundraising activity: Let's Dish!

If you haven't heard, Let's Dish! is an easy and fun way to get healthy, homemade dinners on your table – and raise funds for TJ's Bands at the same time! From now until June 30, 2009, if you sign up for any session at Let's Dish!, they will donate 10% of the proceeds back to TJ's Bands. Plus, you'll get 4, 8, or 12 delicious meals to serve to your family. During this busy holiday season, what could be better than knowing you can serve delicious, nutritious meals for your family without all the hassle of shopping and preparing them.

Here's how it works:

- 1) Go to www.letsdish.com and select the location nearest you
- 2) Select an in-store session or their pick-up service Dish-n-Dash
- 3) Choose a date and time that work for you and select 4, 8, or 12 meals from their monthly menu
- 4) Enter promotional code **F9-TJBAND** on the page with your billing information (this will indicate to Let's Dish! that you are part of our fundraiser)
- 5) Place your order, and show up at your date and time to prepare or pick up your meals. When you prepare the meals, they go right into your freezer so all you have to do is defrost and cook.

Making meals at Let's Dish! is fun, and the more the merrier. You can share our fundraiser promotional code with friends and family that want to dish with you to help raise funds! Also, you may use the promotional code as many times as you want during the length of the fundraiser. The more people who participate, the more money we can raise!

Questions? Email Rachelle at Dish.Alexandria@letsdish.net or call the Let's Dish! store nearest you. Let's Dish stores are conveniently located in Alexander (just around the corner from TJ near Staples), Fairfax, and Ashburn.