

The ASN Foundation (ASNF) is a 501(c)3 non-profit organization that is affiliated with the American Society for Nutrition – the professional society for nutrition scientists and clinicians. ASN represents more than 6,000 members and publishes *H Y5a YfMb >ci fbU cZ7 ]b]W Bi f]hcb, H Y>ci fbU cZBi f]hcb, 5Xj UbWg]b Bi f]hcb and 7i ffYbh8 Yf Ycda Yb]g]b Bi f]hcb*. The priorities of ASNF are training the next generation of investigators, providing reliable nutrition information and leading to a healthier future. **Ci f [ cU ]g]t UW]Y YVYHf \ YUH [ `cVU`nh fci [ \ ]bWYUg]X\_bck `YX] YcZbi f]hcb` UbxYb \ UbWXW`UvcfU]cb h fci [ \ h Y5GB : ci bxU]cb"**

Name: \_\_\_\_\_  
 Title: \_\_\_\_\_ Company/Organization: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 Country: \_\_\_\_\_  
 Phone: \_\_\_\_\_ ASN Member:  Yes  No  
 Email: \_\_\_\_\_

**Donation Amount**

\$50  \$100  \$250  \$500  \$1,000  Other: \$ \_\_\_\_\_

**Donation Payment**

Check enclosed  Visa  MasterCard  American Express

Card No.: \_\_\_\_\_ Signature: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Card Holder's Name: \_\_\_\_\_

*Contributions to the ASNF, a tax-exempt organization under Section 501(c)(3) of the U.S. Internal Revenue Code, are tax-deductible to the fullest extent of the law. A formal acknowledgement will be sent to you via postal mail. ASNF EIN: 45-2473558*

A matching gift company will match my gift. Name of the matching company: \_\_\_\_\_

*Please dedicate my gift in support of:*

- Activities of the ASN Foundation (where most needed)
- Friends of the ASN Fellows Tribute Fund (supports activities to foster the next generation of scientists)
- Marian Swendseid Nutrition and Cancer Scholarship Fund
- Nevin Scrimshaw Mid-Career Award Endowment Fund
- Programs for Minority Investigators and Students

*This gift is in*  *honor or*  *memory of:* \_\_\_\_\_

*Please notify the following of my gift:*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP/Country: \_\_\_\_\_

Email: \_\_\_\_\_

**The critical programs of ASN and the ASN Foundation are achieved thanks to our partners, donors, ASN members and volunteers. We appreciate your contribution.**

**Giving back to your profession through a planned gift that benefits the ASN Foundation is a wonderful gesture. Outlined below are several methods through which you can support ASN in ways that will not impact your cash flow, lifestyle or family security during your lifetime. Thank you!**

Type of Gift	Description	Suggested Actions & Language
<i>Bequest</i> – percentage of estate	A bequest in your will, a legal document specifying how your property will be distributed after your death. Benefits ASNF, reduces your estate’s tax liability.	“I hereby give, devise, and bequeath _____ % of the residue of my estate to the American Society for Nutrition Foundation, a §501(c)(3) organization located in Rockville, MD, to provide support for its mission and general purposes.”
<i>Bequest</i> – specific gift amount and/or asset	A bequest in your will, a legal document specifying how your property will be distributed after your death. Benefits ASNF, reduces your estate’s tax liability.	“I hereby give, devise, and bequeath \$ _____ amount _____ and/or _____ asset _____ to the American Society for Nutrition, a §501(c)(3) organization located in Rockville, MD, to provide support for its mission and general purposes.”
<i>Bequest</i> – residuary estate	A bequest in your will, a legal document specifying how your property will be distributed after your death. Benefits ASNF, reduces your estate’s tax liability.	“I hereby give, devise, and bequeath all the rest, residue and remainder of my estate, both real and personal, wherever located – to the American Society for Nutrition, a §501(c)(3) organization located in Rockville, MD, to provide support for its mission and general purposes.”
<i>Beneficiary</i> – percentage or full beneficiary of bank account, brokerage account or life insurance policy	A set-aside in your account can result in tax savings for your heirs, and ASNF will receive part or all of your account after your death.	Complete a Change of Beneficiary form to name ASNF as a beneficiary of part or all of your bank account, brokerage account or life insurance policy.
<i>Gift</i> – life insurance policy	You donate a policy, making ASN the irrevocable owner and beneficiary of a policy. You take a deduction, deduct any future premium payments, make an extraordinary gift and avoid estate tax.	Contact ASNF; insurance policy should be a paid-up policy or a policy with internal cash value on which future payments are owed. ASNF may keep the policy in force, or may sell or surrender the policy at any time to invest with its endowed accounts.
<i>Beneficiary</i> – percentage or full beneficiary of traditional IRA, Roth IRA, 403(b) or other retirement plan	Distributions at death to a charity are tax-free, but are subject to income tax and possibly estate tax when left to loved ones.	Complete a Change of Beneficiary form to name ASNF as a beneficiary of part or all of your retirement account. Note that you can continue to take withdrawals from your plan during your life, and that you may be required to obtain spousal consent for the ASNF designation.
<i>Other</i> – endowment, designated fund	You can create a named fund with an endowment to support programs, awards, etc. in perpetuity (for example, the E.L.R. Stokstad Fund, endowed by the Stokstad family in honor of their father). ASNF has established a scholarships program, and can also facilitate a major bequest/gift in support of a specific program (for example, Symposium at an ASN meeting).	Contact the ASNF staff to discuss additional options. We can also connect you with the ASN financial advisor to address investment-related questions (gifts of securities, stocks, etc.).

For more information on planned and annual giving, please visit [www.nutrition.org/contribute](http://www.nutrition.org/contribute). Consult your attorney or financial advisor when estate planning. Gift acceptance policies may apply. Please contact us at [contribute@nutrition.org](mailto:contribute@nutrition.org) or (240) 428-3601.