



The **HARVESTER**

Fall 2009 Newsletter of Birmingham's Prepared and Perishable Food Recovery

Magic City Harvest is the non-profit prepared and perishable food distribution program of greater Birmingham, helping to alleviate hunger, malnutrition, and food waste through the free distribution of donated excess foods to programs feeding those in need.

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14th Annual World Hunger Day event “Help Stop Hunger Now”

Magic City Harvest staff and volunteers are making preparations to provide a meal to 26+ area feeding programs through the **2009 World Hunger Day “Help Stop Hunger Now”** event.

*Please participate in this event—ensuring
No plate is empty!*

Through this event we are able to:

- * **distribute a meal to approx 3,300 hungry and malnourished men, women and children (100% of food donated)**
- * heighten awareness of the reality of hunger, malnutrition and food waste as well as MCH's program response
- * raise much needed funds for daily operation of the MCH food recovery program

With generous support from partner UAB Hospital, corporate sponsors, and food donors, a nutritious meal will be prepared by volunteers and distributed to recipient agencies. Box lunches are also prepared and distributed to area businesses, civic organizations, etc. to raise funds to “keep our trucks rolling” throughout the year.

2009 World Hunger Day Calendar

Sept. 23: food donation confirmations to MCH

(contact us for “grocery” list)

Oct. 8: Box lunch order deadline— we sold out last year!

Oct. 12-15: food preparation at UAB Hospital—
volunteers needed!

Oct. 14: Meal provided *free* to area non-profit
feeding programs —approx 3,300 fed

Oct. 15: **2000 box lunches** delivered across the community

(\$8 donation per lunch—10 lunch minimum order)

ORDER YOUR BOX LUNCHES TODAY!

See inside for details

Want to get involved? Organize a group to order box lunches for your school, office, faith or civic group. Volunteer for food preparation and/or box lunch delivery during World Hunger Week. Please contact us and let us know how you want to help! 150 volunteers are needed.

**Thank You to all sponsors, food donors and volunteers !!!
World Hunger Day doesn't happen without YOU!**

**Birmingham Yoga
GLOBAL MALA PROJECT**

OPEN TO THE PUBLIC—BRING YOUR MAT

Birmingham yogis, in conjunction with others around the world, will gather on September 19th at Vulcan Park “to raise consciousness and funds for some of the most pressing issues facing our world today”. Magic City Harvest is the beneficiary of the local event!

108 Sun Salutations begin at 8am. Children’s Drum Circle at 8:30am

Supporters include Birmingham Yoga at First Ave Rocks, Conscious Body Yoga & Massage, Golden Temple, V. Richards, Salon Xanadu, Soho Piyo, Infinite Massage, The Yoga Circle, Piggly Wiggly Homewood, Whole Foods, PhBalanced Fitness, Stone Shovel, Gabriela Pomplova, India Henson, Akasha Ellis, Shannon Andrews Skipper, Trudi Harris, Mirela’s Fitness, Grow Alabama, Brent Scrivner and Kindermusic.

Check it out at www.birminghamyoga.com

THANK YOU TO ALL!

**MCH Welcomes
Princeton Baptist Medical Center
As a food donor!**

Magic City Harvest is pleased to announce that Princeton Baptist Medical Center has joined with MCH in our effort to alleviate hunger and food waste by donating weekly its excess food to MCH!

NO LIABILITY FOR FOOD DONORS

AL Reg #20-1-6 and the Bill Emerson Good Samaritan Food Donation Act (PL 104-210) protect those who Donate food in good faith from Liability!

**FEED THE HUNGRY...
NOT A DUMPSTER!!**

MCH FOOD DRIVE

**In Partnership with
STARBUCK’S**

**Be watching for more info
on an exciting new endeavor...**

**20 Starbuck’s units will
participate in a
community food drive
for MCH**

**beginning October 12th and
continuing through Thanksgiving!!!**

**You will be able to drop
off a non-perishable food
donation when you
patronize Starbuck’s!**

**Many thanks to all of the
Starbuck’s associates and
food drive partners!**

World Hunger Day Meal Recipients

Jefferson County

Grace House, Children’s Village, Pathways, Church of the Reconciler, YWCA Interfaith Hospitality, Shepherd’s Fold, Hannah Bethany Home, Brother Bryan, Community Kitchens (2 locations), Lovelady Center, Birmingham Healthcare, St. Anne’s Home, Jimmie Hale Mission, Jessie’s Place, Firehouse Shelter, Alethia House, Urban Ministry, Salvation Army (2 locations), The Foundry, Southwest Senior Community Center, Jasper House, Olivia’s House, YWCA Family Violence Center, St. Paul’s UMC

Talladega County

Red Door Kitchen



World Hunger Day 2009

BOX LUNCH EVENT

THURSDAY, OCTOBER 15th

ORDER DEADLINE is Thursday October 8th

Only 2,000 lunches will be available for order!!

\$8 donation per lunch - Minimum order of 10 lunches

Lunches delivered to your office, school, faith/civic group!

*For every Box Lunch ordered—MCH can distribute 32 lbs
Of good, nutritious food to those in need!!*

SPONSORS

FULL PLATE

UAB Hospital
BBVA Compass
Honda Mfg of Alabama

*Salad

Anonymous
Central Paper
C. S. Beatty Construction Inc.
EBSCO
Jemison Investment
Vulcan Materials

*Dessert

Advantage Payroll
Anonymous
BCBS of AL - Caring Foundation
Boar's Head
Bresco
Motion Industries
US FoodService

Enjoy.....

Wrap Sandwich with Boar's Head
Roasted Chicken
Texas Caviar
Chips
Blond Brownie

To place order call 591-3663 or
Email: mcharvest@bellsouth.net

Contributions can be made by check,
cash, Visa or Mastercard.

Donors to Date

Bottega Café, Bud's Best
Cookies, Brasfield & Gorrie, Stephen
Bradley & Assoc., Evans Meats, Harbert
Center, Browdy's, Publix,
Buffalo Rock, Vestavia Hills UMC,
Birmingham Logistics, Jim N' Nicks,
G&W Produce, ALDI

POVERTY RATE IN U.S. INCREASES!

1 in 7 Americans living in Poverty

The Census Bureau has just released its' Annual Report for 2008.

Unfortunately, the census found that the nation's poverty rate increased to 13.2% - up from the 12.5% in 2007. This means that 39.8 million men, women and children are living in poverty.

The official poverty level is now \$22,025 for a family of four.

We at MCH have been witness to a growing need for food assistance from across the greater Birmingham area.

For 14 years MCH, the only food recovery program in our community, has worked diligently to meet the most basic need of food - distributing over 1 million lbs of donated excess food in 2008 alone.

WE CAN ONLY DO THIS WITH YOUR SUPPORT AND PARTICIPATION!

The Harvester Fall 2009

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