



NEWSLETTER SPRING 2013

FEED people | FIGHT disease | FOSTER hope

ALL THINGS RIDE FOR THE FEAST: Read how this year's Mother's Day Ride is bringing businesses, students and people like you together to fight disease.

JOIN OUR BREAST CANCER FIGHTING TEAM

A decrease in Komen support leads to \$75,000 cut in funding for home delivered meals

If there is one organization's name that is synonymous with breast cancer, it is Susan G. Komen. Think Race for the Cure, pink ribbons, and a promise to cure this terrible disease. For Moveable Feast, Komen also represents crucial funding for life-saving food delivered to women and families fighting breast cancer right here in Maryland. Over the last eight years, we have received at least \$75,000 annually to ensure that women in treatment for breast cancer do not have to fight their disease alone, or on an empty stomach. With that funding, we have delivered nearly 200,000 meals to almost 800 underserved women and their families.

Despite the cut in breast cancer funds, we will not walk away from women who rely on us. But we do need help closing the funding gap.

Last year's debacle with Planned Parenthood, however, took some of the wind from Komen's sails. The Maryland Affiliate of Susan G. Komen for the Cure went from giving 2.2 million in grants to 26 local programs in 2012, to, this year, granting only \$865,000 to 9 programs – a 61% decrease. **For the first time since 2005, Moveable Feast did not receive funding.**

This lapse in financial support represents a huge loss for Moveable Feast and for women with breast cancer in our community. Just this year, 4,850 more Marylanders are expected to be diagnosed with breast cancer. Each will have a different story to tell and many will face difficult barriers to regaining their health and meeting their basic nutrition needs.

Moveable Feast is the only Maryland organization that provides healthy meals – at no cost – to women with breast cancer. We know this population well; our drivers and volunteers greet them with weekly deliveries of groceries; our Registered Dietitians give one-on-one nutrition advice; we have tailored our menu for breast cancer patients, delivered blenders for protein smoothies, and even purchased plastic bowls and utensils to accommodate taste changes that women sometimes experience due to treatment.

Despite the cut in breast cancer funds, Moveable Feast is not giving up and we are certainly not walking away from women who rely on the nutrition and compassionate support we deliver to their doorsteps every week. But we do need help closing the funding gap – which is why this year's Ride for the Feast is so important.

This year's Ride falls on Mother's Day weekend. Hundreds of community members have already signed up to ride their bikes 140 miles from Ocean City, Maryland to Baltimore City. Many will ride in honor of loved ones battling illness, some will ride as survivors themselves, and others still will pedal on for mothers everywhere – including the mothers we serve with breast cancer. With this recent loss in Komen funding and a goal of raising over \$500,000 through Ride for the Feast, we are asking you to join our breast cancer fighting team.

Sponsor a Rider, come out and volunteer, tell five friends, donate. It's only together that we can give women with breast cancer the best chance of fighting their disease.



Riders pedal 140 miles and raise funds to fight breast cancer and other diseases.

MOMS HELPING MOMS

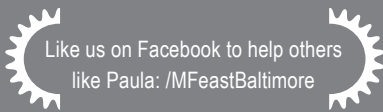


Paula, her mom, and the gifts you gave.

In two short weeks, you used your networks and resources to support a mom-to-be with Ovarian Cancer. When we found out that our client Paula* had a little girl on the way and no money to buy baby things, we put up a simple post on Facebook. Before we knew it, you dropped off everything from mini booties to car seats and playpens. For Paula and her husband, this baby is a miracle – and so are you.

A healthy little girl was born on March 21. Thanks for warmly welcoming her into this world.

*Changed name



RIDE FOR THE FEAST SPONSORS ROCK!

100% of Ride donations can go to our clients thanks to these generous companies:

Aduro
Amplimmune
Baltimore Bicycle Works
Bill Magruder and Azam Kahn,
Long and Foster
Foley Hoag
HMS Insurance Associates
ImmuneXcite
Joe's Bike Shop
Light Street Cycles
Ober Kaler Attorneys at Law
Osprey Foundation
Race Pace Bicycles
T. Rowe Price
VeeV Spirits

KITCHEN GEARS UP FOR THE RIDE

Ride for the Feast weekend meals by the numbers

It takes a LOT of people and a lot of food to make Ride for the Feast weekend a success. What you may not know, though, is that on top of taking care of Riders and Crew, we are still preparing meals and delivering them to our clients. Here's the breakdown:

FRIDAY **1000** meals prepared for homebound clients
200 salads, wings and appetizers for Riders and Crew

SATURDAY **337** meals prepared and delivered to shelters and drop-in centers
300 boxed lunches for Riders and Crew
300 dinners (appetizers, multi-course meal and desserts) for very hungry Riders and Crew

SUNDAY **337** meals prepared and delivered to shelters and drop-in centers
400 boxed lunches for Riders, Crew and Family

TOTAL HEALTHY MEALS PROVIDED IN ONE WEEKEND: 2,874

FUELING BIKERS, FUELING JOBS

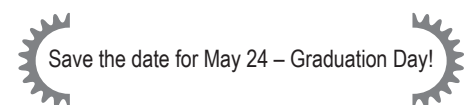
Culinary students get involved with the Ride

One of the ways Moveable Feast can produce over 2,000 meals on Ride weekend alone is that we have help. As you read this, seven students are mid-way through our 12 week culinary training program. Devon – an East Baltimore resident – is one of the students getting hands-on experience in our kitchen and preparation for the Manager's ServSafe exam – an important safety and sanitation certification. He says, "If you haven't gone to school and don't come in with a lot of experience, that certificate will give you a chance. I want to be able to move up from serving in a hotel and one day own my own Italian Restaurant."

Leading up to Ride weekend, students like Devon will put their culinary skills to work helping to prepare meals for Riders and to package meals for city shelters. In late May, they will spend two weeks interning in other local kitchens and restaurants, and ultimately, they will get higher level jobs in the food industry. Thanks to you, our food fuels better health, jobs, and even bikers.



Meals, jobs and joy...made possible by you!



RIDING FOR DEBRA ON MOTHER'S DAY

Veteran Riders – Steve Smeal and Sherry Green – talk about why they are pedaling 140 miles for Ride for the Feast on May 11 & 12



Steve and Sherry are Ride for the Feast all-stars. This year they'll ride in honor of Steve's mom, Debra.

TELL US ABOUT YOUR TEAM - TEAM BIKEAGE:

(Sherry) We're a pretty laid back team. We love riding bikes, eating food, and the Descendents (and punk rock in general)! We ride together when we can, sport t-shirts instead of fancy jerseys, and always help each other out.

STEVE, THIS IS YOUR 3RD YEAR RIDING AND SHERRY, YOUR 4TH. WHAT IS SIGNIFICANT

ABOUT THIS YEAR? (Steve) This year I'm riding in honor of my mother, who passed away on August 8th, 2012 after an 11-year battle with colon cancer. She is the strongest person I've ever met and through her fight she made everyone she came in contact with stronger.

(Sherry) Steve's mom, Debra, was like family to me. She fought colon cancer with a positive attitude and grace that can only be described as extraordinary. She taught me what it means to face your fears head on and to live your life to the fullest.

“My mom always instilled in me the importance of helping others in need, and through this Ride, I can do that.”

DEBRA SOUNDS LIKE AN AMAZING PERSON.

CAN YOU TELL US MORE ABOUT HER? (Steve) Even though my mom went through so many treatments for cancer, she strove to live a normal life. She worked up until 3 months before she died, she still cooked

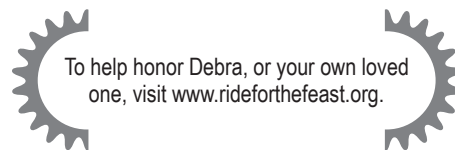
dinner every night and she surrounded herself with her family, her friends and her coworkers throughout her illness. She was always open and honest about her illness, but she never let it define her. My mom always said, “You'd be surprised what you can do when your back is against the wall.”

THERE ARE MANY CHARITY RIDES OUT THERE.

WHY CHOOSE MOVEABLE FEAST'S?

(Steve) My mom had a great support system of family and friends, access to top notch medical care and nutritious meals. Many of the clients served by Moveable Feast are not so lucky. My mom always instilled in me the importance of helping others in need, and through this Ride, I can do that.

(Sherry) Debra was a perfect example of how important nutrition and support from those around you can be in fighting a terminal illness. She embodied Moveable Feast's motto to FEED people, FIGHT disease and FOSTER hope.



LET'S HEAR IT FOR VOLUNTEERS

Special shout-out to 200+ AmeriCorps NCCC volunteers

One month or article really cannot capture the last 24 years of extraordinary volunteer power that has kept our mission strong. But April is National Volunteer Month and the perfect time for Moveable Feast to say THANK YOU – for your time, your enthusiasm, and your passion for helping our neighbors in need.

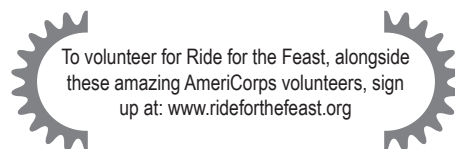
In particular, without volunteers, Ride for the Feast simply would not happen. Nobody knows that better than our annual groups of AmeriCorps NCCC members. Each year, these volunteers get their hands dirty staffing our pit stops, helping prep meals for 200+ hungry riders, moving luggage and bikes, and even donning

ridiculous costumes and accessories to keep riders' spirits high (see photo!). Over the past 10 years of the Ride, more than 200 AmeriCorps volunteers have kept the event running smoothly.

Our Ride weekend – and their help in our kitchen - is only one of many projects these AmeriCorps members complete over their 10 months of service. For almost a year, these men and women travel as a team throughout the country volunteering their time, developing leadership skills, and ultimately strengthening the communities lucky enough to host them. We are truly grateful!



AmeriCorps member serves up a smooth Ride weekend with style.





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FIXING FLATS AND FINDING INSPIRATION

By Joe Traill – owner of Joe's Bike Shop, 6 year sponsor of Ride for the Feast, bike tech extraordinaire and avid Moveable Feast supporter

Why do I spend Ride for the Feast weekend driving along twisty roads getting lost, pumping enough air to make my arms hurt, and fixing bikes that are often far less ready than the riders? Simple - because you let me. As I drive by you, all I see are smiles. Everyone relishing in the endeavor and knowing that, for a cause this profound, it should be hard. I'm grateful that I get to hang out with a truly amazing group of people who show me, in remarkable clarity, that people do still care about each other. You show me that normal people, lawyers and doctors and business owners and teachers and artists and bankers want to help; want to be part of the solution. That's inspirational; that gives me hope.

We do a fair amount of support for charity rides, good causes all, but none compare. You have fun, but you never seem to lose sight of the people you are riding for. So stop with all the thanking me nonsense,

because let's be honest here, lack of proper bicycle maintenance has never stopped any RFTF rider.

P.S. This is what charity rides are supposed to be. You get it like no other group.



Joe - happily working to get Riders back on the road.

3 WAYS TO CELEBRATE MOTHER'S DAY

SUPPORT RIDE FOR THE FEAST:

Ride for the Feast is on Mother's Day weekend this year. Volunteer on Ride weekend or donate to a Rider or Crew member in honor of your mother or in honor of the many mothers on our service.

SPONSOR A MOTHER'S DAY CARD:

Sponsor a card for a severely ill Mother. When you donate \$20, we'll send a hand-made card to a mother on service.

HONOR YOUR MOTHER: *Give a gift to Moveable Feast in honor of your Mother or Grandmother. We'll send her a special Mother's Day card designed with love by one of our clients.*

For more details or to make a donation, visit www.mfeast.org.