



MEDIA ALERT

Forgotten Harvest, Mitch Albom's "A Time to Help" Project to Pack 10,000 Meals

WHAT: On Saturday, March 27 from 9 a.m. to noon, Forgotten Harvest with approximately 80 volunteers from Mitch Albom's "A Time to Help" project will work together to pack 10,000 meals for the hungry. In its 13th year, "A Time to Help" administers volunteer projects across metro Detroit. At Forgotten Harvest, Albom, Brown and volunteers will give back to the community by repacking bulk food into family and individual-sized portions to be given to those in need.

People interested in signing up need to complete the Volunteer Registration Form at www.saydetroit.org. For more information, call Marci Fitch, project coordinator, at 313-993-4700 ext. 4715 or visit www.mitchalbom.com/service.

WHERE: Forgotten Harvest
21800 Greenfield Road
Oak Park, MI 48237

WHEN: Saturday, March 27, 2010
9 a.m. to noon

WHO: **Mitch Albom**, host of the Mitch Albom Show on WJR radio, is an award-winning sports columnist with "The Detroit Free Press," an Emmy-award winning television commentator, professional musician and best-selling author. He also established "A Time to Help" in 1997 to encourage Detroit residents to volunteer on a regular basis.

Ken Brown, co-host of the Mitch Albom Show, is a comedian who has performed nationally on various stages, including the Comedy Store, the Improv, Zanies and the Comedy Castle. He also has appeared on television shows such as A&E's "Comedy on the Road," "Star Search" and BET's "Comic View."

MORE: **Forgotten Harvest** was formed in 1990 to fight two problems: hunger and waste. Forgotten Harvest "rescued" more than 16 million pounds of food last year by collecting surplus prepared and perishable food from more than 450 sources, including grocery stores, fruit and vegetable markets, restaurants, caterers, dairies, farmers, wholesale food distributors and other Health Department-approved sources. This donated food, which would otherwise go to waste, is delivered free-of-charge to 165 emergency food providers in the Metro Detroit area. Learn more at www.forgottenharvest.org.

Media contact: Kristin Priest, on behalf of Forgotten Harvest, 248-254-6788