



Senator Linda Coleman Surveys the Damage in Birmingham, AL

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Contact: Mary Morton
Nourish America
(805) 794-3388
Mary@nourishamerica.org

Nourish America Expands Relief Effort to Help Tornado and Flooding Victims

Disaster-Hit Southern States Urgently Need Essential Supplies

(Ojai, CA) - Due to the extensive destruction from natural disasters this spring, Nourish America has extended its disaster relief to include tornado victims in Alabama and Missouri as well as the flood victims in Mississippi and Louisiana. The devastation from historic tornados and record flooding is so far-reaching that there is a great need for more essential provisions to help victims recover from the aftermath of these disasters. In Alabama alone, 42 counties have been declared disaster areas. At least 350 people were killed, thousands more injured, and billions of dollars in property destroyed. Over three million acres have been flooded. However, in Mississippi, one of the most impoverished states in the country, the poor there are considered to be the hardest

hit as they have few resources to support them through their losses. The people of Louisiana's Bayous poise for flooding after also weathering the Gulf Oil Spill and three major hurricanes over the past six years. For these reasons, Nourish America's disaster relief effort now spans four states.

Thanks to the generosity of Nourish America's donors, families in these areas are receiving critical supplies in distribution centers in Birmingham, AL, St. Louis, MO and Tunica, MS and Chauvin, LA. The Alabama relief effort began with a partnership of Nourish America and the National Foundation for Women Legislators (NFWL) and Senator Linda Coleman of Pratt City, Alabama. "Soon after the tornado hit and the level of destruction was clear, I received a call from Robin Read CEO of the NFWL asking how they could help. Within a few hours, she reported that supplies were on their way to Birmingham from Nourish America and more to follow. As a result of Nourish America, the McAlpine Park warehouse site was set up initially to receive these donations and as we continued, calls came in from other supporters and friends." To date, 15 tons of food and supplies have been distributed to 7,000 in need.

"We find that working with local legislators during natural disasters is the most effective way to ensure that the victims who are suffering get the nutritional hand-up they need. These elected officials know where the needs are in their communities, how to rally resources and efficiently distribute the high-quality products our donors entrust to us. It's always a pleasure to work with them," said Michael Morton, Nourish America's Executive Director.

Nourish America has partnered with Councilwoman Hazel Erby and Congressman Lacy Clay in its relief effort in St. Louis, MO and with Representative Clara Burnett in Tunica, MS.

Nourish America donors have been very generous in their support of this effort donating water, protein bars, nutritional supplements, energy drinks, baby food, high protein snacks, canned goods and personal care items. A hearty thanks to UNFI, Clif Bar Family Foundation, Pharmavite, New Chapter, NurturMe, Alacer Corp., Kay's Naturals, Fresca Foods, Wellesse, Amy's Kitchen and Direct Relief International as well as other generous donors.

"As Senator, I cannot express how thankful and appreciative I am for this support and the outpouring of generosity from everyone, for your donations, prayers and well wishes. It has meant so much to so many," said Senator Coleman. "As a disaster volunteer for over 25 years, I am usually on the other end when disaster strikes and it's hard when you are personally affected but I am very thankful to have so many friends who care. It has been a blessing."

Please join with Nourish America in supporting this ongoing relief effort. Give a hand-up to our neighbors in their time of need. To help, please donate the following items:

Cash Funds
Bottled Water
Protein and meal replacement bars
Protein and meal replacement drinks
Protein and meal replacement powders
Energy drinks
Shelf stable dairy products
Shelf stable prepared foods
Canned goods
Ready to eat cereal
Ready to eat snacks
Shelf stable juice
Shelf stable baby food
Multi-vitamins for children, adults and seniors
Other supportive nutritional supplements
Cleaning solutions
Hand sanitation products
Body and skin care products
Cleaning solutions
Hand sanitation products
Body and skin care products
Diapers
Toothpaste and toothbrushes
Flashlights and batteries
Tampons and Sanitary Napkins

To donate: Please contact Mary@nourishamerica.org, call us at (866) 487-1484, or visit our website at www.nourishamerica.org . Checks can be sent to: Nourish America, PO Box 567, Ojai, CA 93024

Thank you!

About Nourish America

[Nourish America](http://www.nourishamerica.org) is an award-winning 501 (c) 3 organization that provides nutritional supplements and nourishing foods (including naturals and organics) to those in need in America. Last year alone, Nourish America provided almost \$3.5 million worth of nutritional products to almost 200,000 Americans in need including over 30,000 children, 1,200 pregnant mothers, 32,000 seniors and 100,000 disaster victims.

It costs only ten cents a day to provide nourishment to someone in need through Nourish America. For four years in a row, Nourish America has received high ratings for its fiscal management from Charity Navigator, the nation's leading charity watchdog

organization. Independent audits of Nourish America's finances show that over 94% of all donations go directly to programs and those served. Donations can be made online at <http://www.nourishamerica.org/donate.html>. Get our latest news: become Nourish America's friend on [Facebook](#). Come follow Nourish America on [Twitter](#).

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