

## 2010: THE YEAR OF RICE DINNERS!

MCF

**The goal:** feed 100 children in Liberia for a year.

**It starts with one UWS rice dinner, January 24<sup>th</sup>, 2010.**

We hope to inspire a few guests to host their own rice dinner for the cause. Then, one of your guests might host a dinner, and so on, creating a whole chain of dinners! Each one will be given the spotlight on [macdellacooper.org](http://macdellacooper.org).

**The cost:** \$100 feeds a child for a year.

### Why Rice?

*Rice is a staple food for many of the world's poorest countries, including Liberia. However, past Liberian presidents invested in the lucrative businesses of diamonds, logging, and rubber rather than develop self-sustaining, affordable agriculture. This is part of the reason why sadly, 44% of child deaths in Liberia are related to malnutrition.*

### What's Special about MCF's Rice?

*We do not import rice! Our rice supports Liberia's own agriculture and labor force. We partnered with an organization called the Niapele Project and adopted their School Nutrition Initiative. The rice is purchased from a women's agricultural group in Bong County and the meals are prepared by local cooks, with nutritional guidelines set by the University of Liberia.*

### Who Benefits from These Rice Dinners?

*MCF supports the most vulnerable children in Liberia -- abandoned orphans and children. We now feed 60 children in our scholarship program at a local school, and in Fall 2010 we'll open the MCF Academy to house and educate 100 children, later expanding to 200 students up to grade nine. The MCF Academy is the first school founded by a female refugee of the Liberian civil war and designed by a prominent female architect, Winka Dubbeldam.*



### How Do I Host a Rice Dinner?

*Invite friends who you might normally dine out with over to your home, and ask them for a suggested donation in lieu of what they'd pay at a restaurant.*

*Email [tammy@macdellacooper.org](mailto:tammy@macdellacooper.org) to use her same invitation, recipe, photographs, and informational materials. Write a check of proceeds to the MacDella Cooper Foundation and send to 101 W 55<sup>th</sup> St. 10F, NY, NY 10019.*

*Take a photo of your party to send to Tammy for the web site!*



### How Can I Stay Updated on the MCF Academy?

*Follow @mcf\_liberia on twitter, fan the MacDella Cooper Foundation Facebook page, subscribe to our YouTube videos ([youtube.com/macdellacooper](http://youtube.com/macdellacooper)), and subscribe to our newsletters (via the homepage of [macdellacooper.org](http://macdellacooper.org)).*