



# BALTIMORE RAVENS

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WWW.BALTIMORERAVENS.COM • 1 WINNING DRIVE OWINGS MILLS, MD 21117 PH: 410.701.4000 FAX: 410.701.4100

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## COMMUNITY NEWS

November 8, 2010

### Ravens Family Food and Funds Drive



The 15th annual Ravens Family Food and Funds Drive kicked off its three-prong approach last week. The Ravens partnered with the Maryland Food Bank, Giant and Von Paris to provide fans three ways to donate. Online donations began on Monday (11/1), at Baltimore-area Giant Food stores on Friday (11/5) and at M&T Bank Stadium on Sunday (11/7).



From Nov. 1-18, fans can donate online at [www.mdfoodbank.org/ravens](http://www.mdfoodbank.org/ravens) and be entered for a chance to win two tickets to the Ravens vs. Buccaneers game on Nov. 28. From Nov. 5-28, fans can donate canned food and non-perishable items at more than the 40 Baltimore-area Giant Food stores. Lastly, fans who attended the Ravens vs. Dolphins game on Sunday (11/7) were able to make monetary and non-perishable item donations to volunteers surrounding the stadium for two hours prior to kickoff.



The food and proceeds will go directly to the Maryland Food Bank, which distributes the donated items to soup kitchens, food pantries and emergency shelters throughout the holiday season to assist the 50,000 people in Maryland relying on emergency food programs each week.

### Reed Continues Fitness Days

On Tuesday (11/2), Ravens S Ed Reed (right) hosted a fitness day at The SEED School of Maryland (Baltimore, Md.). Reed continued his focus on fitness for Baltimore adolescents by spending the morning running football-related drills for the youth. Joined by WRs Justin Harper and Derrick Mason and volunteers, Reed cycled the students through multiple stations that included agility, catching and tackling. Separated into sixth, seventh and eighth grade waves, approximately 220 students participated in the fitness day.



### Coach Harbaugh Hosts All Pro Dad Event



Ravens Head Coach John Harbaugh hosted the *All Pro Dad Father & Kids Experience* presented by Shriners Hospitals for Children at M&T Bank Stadium on Saturday (10/30). With Coach Harbaugh as an All Pro Dad spokesman, Baltimore was one of nine NFL markets to host the *Father & Kids Experience* in 2010. The family-centered event focused on fathers and kids strengthening their relationships through participation in football-themed drills and interactive games that included useful fatherhood tips. Coach Harbaugh encouraged both fathers and kids as they participated in the various activities.

For more information on Ravens in our Community, please call 410-701-4000 or visit [www.BaltimoreRavens.com/community](http://www.BaltimoreRavens.com/community).