

DOMINION POST

January 16, 2013

Letter to the Editor,

On Saturday, February 23<sup>rd</sup>, the community will once again have the opportunity to come together to fight hunger and support the annual Empty Bowls Monongalia luncheon at the Hazel and JW Ruby Community Center at Mylan Park Center from 11 a.m. – 2:30 p.m.

Empty Bowls Monongalia has grown to a full-fledged community non-profit organization in just seven years. Last year it provided \$41,000 to sixteen local food pantries and meal programs in the County. These monies provided for 161,328 direct meals and 21,100 distributions from food pantries. While this sounds like a lot of assistance, to provide enough money to assure adequate food in a year for our 12,070 friends and neighbors within the County who are food insecure would require at least an additional 5 million dollars (as reported by [www.FeedingAmerica.org](http://www.FeedingAmerica.org)).

To help meet this year's goal of \$80,000, the community is encouraged to purchase lunch tickets at \$15 and to come enjoy a bowl of soup, breads and cookies, all donated by local restaurants and faith groups. Guests who have reserved tickets are guaranteed a handcrafted ceramic bowl to take home as a reminder that some folks often have 'empty bowls'. Walk-ins are welcome and may get a bowl, depending upon availability. Children 10 and under eat free but do not receive a bowl.

Tickets for the luncheon are available at The WOW Factory, 3453 University Ave., Star City; Slight Indulgence, 3200 Collins Ferry Road or 407 High Street; The Sew Inn, 120 High Street; The Elegant Alley Cat, 358 High Street; Appalachian Gallery, 270 Walnut Street; Arts Monongalia, 201 High Street; Classic Furniture, 1537 Sabraton Avenue; and several local churches

Tax deductible donations are also welcome and can be sent to Empty Bowls, P O Box 4570, Star City, WV 26504-4570.

I hope you will be a part of the team to fight local hunger by supporting Empty Bowls Monongalia.

Sincerely,  
Mavis Grant-Lilley  
Empty Bowls Volunteer