EMPTY BOWLS TOOL KIT
Empty Bowls is a fun and inspiring event. It brings the community together for a fun night, while empowering students to make a difference. $1=5 meals, so the difference these children can make would be astronomical.

- Began as a high school class project in 1990
- Supports hunger relief efforts nationwide.
- Very simple to host with a huge impact.
HOW TO PLAN YOUR OWN EMPTY BOWLS EVENT

1. Put together a planning committee (PTA, creative students, art teacher, etc.)
2. Choose a theme to address hunger
3. Pick a date
4. Create bowls! Choose a semester for students to create ceramic bowls and end the semester with your Empty Bowls Event!
5. Make some soup (example recipes to the right), or create your own soups
6. Create your invitation and begin inviting friends and family
7. Invite the Food Bank staff and add inspiration
8. Hold your Empty Bowls Event! Showcase your ceramic bowls, serve homemade soup, collect donations, and have a fun filled night (for a great cause!)

HEALTHY LIVING INITIATIVE
RECIPE OF THE MONTH

CHICKEN, CORN AND YAM SOUP
SERVES 6-8

INGREDIENTS
- 2 Teaspoons vegetable oil
- 3 Celery stalks
- 1 Large onion
- 3 Large white yams
- 2 Cups corn kernels
- 3 Cups cooked chicken (pulled apart into small pieces)

DIRECTIONS
- Dice the celery, onion and the peeled white yams into small pieces. Add the oil to a large soup pot over medium heat. Cook the celery and onion in the oil until they have softened and release their aroma. Be sure not to brown the vegetables.
- Add the diced white yam pieces to the pot with the ground nutmeg, black pepper and salt. Stir everything to make sure that seasonings coat all of the vegetables. Pour the water into the pot and bring everything to a boil. Lower the heat and simmer the soup for 20 minutes.
- When the yams have softened, add the corn and pulled chicken to the soup and bring it back to a simmer. Taste the soup for seasoning. Re-season the soup with salt, nutmeg and pepper if needed.

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The Food Bank of South Jersey exists to provide an immediate solution to the urgent problem of hunger by providing food to needy people, teaching them to eat nutritiously, and helping them to find sustainable ways to improve their lives.
CONTACT TO HOST AN EMPTY BOWLS EVENT!

Please contact Lisa Sherwin at LSherwin@foodbanksj.org with any questions or to set up your Empty Bowls event today!