



EMPTY  
BOWLS  
TOOL KIT

Thank you for your interest in hosting your own Empty Bowls event!

1 in 3 children  
in Alameda County  
faces the threat  
of hunger every day.



# Instructions

## Thank you for hosting your own Empty Bowls event to support Alameda County Community Food Bank!

Empty Bowls began as a high school class project in Michigan in 1990. It has since grown into a powerful event to support hunger relief efforts nationwide — and is a critical part of the Food Bank’s fundraising and education efforts.

The power of Empty Bowls stems from its simplicity. A little work can create a huge impact – that’s why we’re offering you this helpful kit. In addition to the very-simple steps below, **the Food Bank can provide you with a partnership letter, a spreadsheet to track donations, and a template for your invitations.**

Please contact Kathryn Weber at [kweber@accfb.org](mailto:kweber@accfb.org), (510) 635-3663 ext. 328 to get started.

## Host an Empty Bowls event in 6 easy steps!

1. Pick a date
2. Get some bowls (we’ve included a Brushstrokes Studio coupon!)
3. Make some soup (yummy recipes are included too!)
4. Contact the Food Bank for a partnership letter, a spreadsheet to track donations, and a template for your invitations.
5. Invite your friends and inspire them! (check out our fact card!)
6. Collect donations and send them to the Food Bank (*we’ll even take care of the thank you notes!*)



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# Soup Recipes

## Avocado Tortilla Soup

Recipe courtesy of the California Avocado Commission.



Sprinkle red pepper flakes on this soup for added heat.

**Makes 8 servings.** 1 cup per serving.

**Prep time:** 15 minutes — **Cook time:** 15 minutes

### Ingredients:

- 3 (14-ounce) cans low-sodium chicken broth
- 2 (10<sup>3</sup>/<sub>4</sub>-ounce) cans low-sodium condensed tomato soup
- ½ bunch cilantro, leaves only
- 3 cloves garlic, chopped
- ½ teaspoon ground black pepper
- 1 ripe California avocado, peeled, pitted, and chopped
- 8 corn tortilla chips, crumbled

### Preparation:

1. In a large pan over high heat, combine chicken broth, tomato soup, cilantro, garlic, and ground black pepper. Bring to a boil, reduce heat, and simmer for 10 minutes.
2. Cool slightly, then puree small batches in a blender.
3. Return to pan, add avocado and heat thoroughly.
4. Ladle into soup bowls

### Nutrition information per serving:

Calories 134, Carbohydrate 17 g, Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg

## Foodlink's Favorite Sweet Potato Soup

Winner of the Feeding America Recipe Challenge!



**Makes eight 3-ounce servings**

### Ingredients

- ¾ teaspoon extra virgin olive oil
- ¼ cup onion
- ¾ teaspoon garlic powder
- ¼ teaspoon salt
- ½ teaspoon pepper
- 2 teaspoons tomato paste
- 2 cups water
- 2 cups low-sodium vegetable stock
- 2 sweet potatoes, diced
- 3 cups kale, chopped, blanched, and cooled
- 1 15-ounce can cannellini beans
- 1 teaspoon lemon juice

### Instructions

1. In a large pot, heat oil over medium heat; add onions, garlic powder, salt, and pepper. Sauté for 1 minute.
2. Add tomato paste, turn heat down to low, and cook for 3 minutes.
3. Pour in water and vegetable stock and add sweet potatoes, beans, and kale.
4. Bring water to a boil, then lower heat to medium and simmer with the lid on until tender, about 10-15 minutes.
5. Add lemon juice and simmer for another 15 minutes. Enjoy!

# Brushstrokes Studio Coupon

**BRUSHSTROKES**  
STUDIO inc

*This Coupon Good For  
Free Studio Time!*



*Supporting  
your Empty  
Bowls event!*

Brushstrokes Studio is proud to assist Food Bank supporters and offer FREE STUDIO TIME when you purchase bowls to use at your own Empty Bowls fundraising event benefiting Alameda County Community Food Bank!

**a \$10 value**



745 Page Street • Berkeley, CA 94710 • 510.528.1360 • [brushstrokestudio.com](http://brushstrokestudio.com)

# Alameda County Community Food Bank serves 116,000 people every month

WE SERVE 1 IN 5 PEOPLE IN ALAMEDA COUNTY

The cost of living in the Bay Area makes it especially difficult for families to pay for basic necessities such as housing, utilities and



TWO-THIRDS OF OUR CLIENTS ARE CHILDREN AND SENIORS



WE WILL PROVIDE OVER  
**31,000,000 MEALS THIS YEAR**



THROUGH  
**200+ PARTNER AGENCIES**

OUR HUNGER-RELIEF EFFORTS



Innovative food programs



Calfresh (food stamps) outreach and assistance



Policy and advocacy



Healthcare and nutrition



Child and student wellness

**95 cents of every \$1 donated directly supports food programs and services**

**Help us pursue a hunger-free community!**

## DONATE WITH CONFIDENCE

For every \$1 you donate, we provide \$6 worth of food. 100% of your donation stays local!

We have earned Charity Navigator's highest rating for 11 consecutive years, placing us among the top 1% of nonprofits nationwide.



## HOST FOOD AND FUND DRIVES

**Share your event** – birthday, holiday or other special occasion – to fundraise for the Food Bank.

**Start a Virtual Food Drive** to help us buy fresh items we can't collect in barrels, such as milk, eggs and produce.

**Host a food drive barrel** to collect healthy staples like peanut butter and canned tuna.

## VOLUNTEER

Whether packing food in our warehouse, staffing our Emergency Food Helpline, assisting in our office or helping with events and other projects, your volunteer service is a critical part of our efforts.



**Get started today at**  
[accfb.org](http://accfb.org)



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