



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, (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!*)



[back](#)

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 (10¾-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:

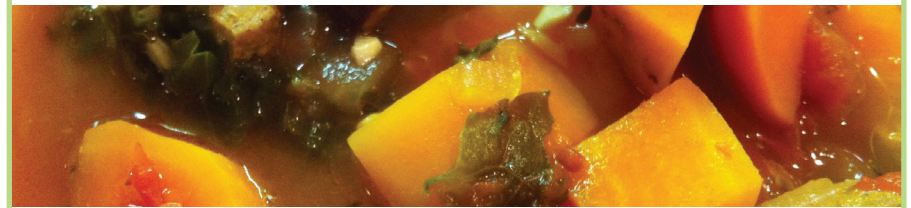
1. In a large pan over high heat, combine chicken broth, tomato soup, cilantro, garlic, and ground black pepper. Bring to a boil, reduce heat, and simmer for 10 minutes.
2. Cool slightly, then puree small batches in a blender.
3. Return to pan, add avocado and heat thoroughly.
4. Ladle into soup bowls

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

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 transportation, while also putting a healthy meal on the table.



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 INCLUDE:



Innovative food
programs



CalFresh (food stamps)
outreach and assistance



Policy and
advocacy



Healthcare
and nutrition
initiatives



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**



P.O. Box 2599, Oakland CA 94614 | (510) 635-FOOD (3663)

accfb.org | facebook.com/alcofoodbank | @ACCFB

dignity

community

justice

nourishment

nutrition

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



Empty Bowls

A BENEFIT FOR



ALAMEDA COUNTY
COMMUNITY
FOOD BANK

