



FOR IMMEDIATE RELEASE

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Pre-order form live for 22nd Annual Empty Bowls event

ROCHESTER, Minn.—Pre-orders are now open for the 22nd Annual [Empty Bowls](#) October 13-14, a fundraiser for [Channel One Regional Food Bank](#) that is presented by [Think Bank](#).

Participants in this year's Empty Bowls event can enjoy a variety of gourmet soups—including gluten-free, dairy-free, and vegan options—prepared by local restaurants. Each order can include a hand-painted bowl, serving as a meaningful reminder of our neighbors who may not know where their next meal will come from.

“Every year, demand at our area food shelves increases, while the cost of living continues to increase. Channel One Food Shelf had over 98,000 household visits this summer alone,” said Virginia Witherspoon, Executive Director at Channel One Regional Food Bank. “This is an opportunity to come together as a community to raise awareness and support for our neighbors experiencing food insecurity.”

Last year, Empty Bowls raised over \$100,000 for the first time in its over 20-year history, providing critical funding to programs that address food insecurity across 14 counties in southeastern Minnesota and western Wisconsin. With needs growing this year, Channel One aims to set a new record—every soup order makes a real difference.

In addition to the hand-painted bowls, attendees can also purchase unique specialty bowls crafted by local artisans, available through pre-orders and at the event.

Empty Bowls is pre-order only. [Soup orders](#) will close on Wednesday, October 7 at 6:00 PM.

About Channel One Regional Food Bank

Channel One Regional Food Bank, a member of Feeding America, strengthens food access and builds healthy communities. Channel One operates food programs to serve local and area needs such as: a food bank, a food shelf, mobile pantries, Kitchen Coalition and the Commodity Supplemental Food Program (CSFP). Channel One Regional Food Bank mobilizes organizations, volunteers, and donors to serve the

network of over 100 nonprofit programs that provide food for children, adults, and families in need. Channel One serves 14 counties across southeastern Minnesota and western Wisconsin. For more information, call 507.287.2350 or visit helpingfeedpeople.org.

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