



The People's

Kitchen



San Luis Obispo

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Great News

The old saying, "It takes a village." is proven true in the following examples. Elderly citizens living in local nursing homes expressed interest in helping others. **Matthew Lysobey**, director of **Compass Health**, responded to this need to help others by setting up a serving group of seniors from nursing homes. This group both prepares and serves a meal five times a year. Welcome to our newest serving group that is doing a fine job feeding the hungry in our community! The **Medeiros' Family**, long time volunteers, recently teamed up with **Transitions Mental Health Association** to serve their delicious meal each month. This terrific group is another wonderful example of our community working together to feed the hungry in our community.

Hail and Farewell

As we bid farewell to 2011 we see how well our **47 groups** of dedicated volunteers have met the significant challenges of 2011. The current economy has been very difficult for our more fragile citizens. Our numbers are up and we have more young adults and parents with young children than we have ever had. Food prices continue to rise. Despite this dismal situation our volunteers have managed to provide a hot meal every day during the last year. This could not have happened without the hard work and generosity of many volunteers throughout San Luis Obispo. Very soon we begin a New Year. We expect the 2012 economy to be difficult and therefore a continued challenge. If any group would like to share tips on how to stretch dollars spent on ingredients, or

share healthy and inexpensive recipes please send an email to Sue Sverchek at sue.sverchek@gmail.com or Mary Parker at mparker@pacbell.net and we will to include your tips in our newsletter or post them on the People's Kitchen website.

REMINDER

2012 CULINARY CARNIVAL

If you are interested in attending this wonderful event that donates all proceeds to the Prado Day Center be sure to get your tickets as soon as possible. Tickets were sold out last year. The event will be held this year February 3, 2012 from 5:30 to 7:30 at the Embassy Suites. All details can be found on their website:

<http://www.sloculinarycarnival.com/>

If you would like to receive The PK E-News online contact Mary Parker at mparker@pacbell.net to be added to our email list. NOTE: We have now reduced our mailed copies by 78%. People's Kitchen keeps getting greener and greener.

Happy Holidays and Happy
New Year to All!