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Empty Bowls Middletown Fills Soup Bowls on Nov. 18 to Defeat Hunger Among Older Adults

MIDDLETOWN, OH: To meet the needs of older adults with food challenges and help them remain independent in their homes by delivering nutritious and balanced meals, Central Connections will host Empty Bowls Middletown on Saturday, November 18, from 11:00 AM to 2:00 PM, in the Central Connections banquet center, located at 3907 Central Ave., Middletown.

The facts about hunger among older adults in Middletown paint a portrait that deserves attention to decrease the food challenges older adults face every day.

- More than 1 in 3 older adults in Middletown face the threat of hunger.¹
- 55% of Middletown's population lives in "food deserts," primarily impacting older adults who no longer drive and live miles from a grocery store.²
- 15.9% of Middletown's population is older adults aged 60+.³
- 39.9% of this older population have disabilities and require assistance with daily living, especially with meals and specialized transportation.⁴
- 28% of this population have an annual income of less than \$15,000.⁵
- 19% of Middletown residents age 60+ received food stamps in 2015; many more were eligible but did not apply.⁶
- Central Connections is the only congregate meal provider serving older adults in Middletown, Monroe, Madison Township, Franklin, Trenton, Hunter, Liberty Township, and West Middletown. For most of our clients, this is the only meal they will have.

¹Senior Report Card from Meals on Wheels, 2015. ²Miami University and Butler County The Ohio State University Extension Office, 2013. ³Census.gov. ⁴Census.gov/ACS. ⁵Census.gov/ACS. ⁶Census.gov/ACS.

The Empty Bowls Project, an international grassroots effort, raises both money and awareness in the fight to end hunger. Empty Bowls Middletown is an initiative of Central Connections and United Way Greater Cincinnati, Middletown Area.

For \$15, an attendee of Empty Bowls Middletown:

- will enjoy a simple meal of soup, bread, dessert, and beverage. Five different soups prepared by Central Connections Dining Services staff will be offered.

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- will learn about hunger and food insecurity among older adults in the community.
- will be invited to select a handcrafted ceramic bowl to take home as a reminder of older adults in need in our community.

Members of Central Connections' Painting with Purpose classes, Women Enriching Lives, and community leaders at the United Way finale to be held at Miller Coors are painting the ceramic bowls. Head Start students are creating unique placemats for dining tables at the event. Local artists and community leaders from Middletown, Monroe, and Trenton will offer bowls for a silent auction.

One hundred percent of proceeds from Empty Bowls Middletown will go toward feeding older adults in the Middletown community, benefiting Central Connections' home delivered and congregate meal programs that provide more than 11,500 nutritious meals monthly to food-insecure older adults in Middletown, Monroe, Madison Township, Franklin, Trenton, Hunter, Liberty Township, and West Middletown.

Empty Bowls Middletown invites individuals as well as the business community and civic and charitable organizations to participate as sponsors. Tax-deductible donations to Empty Bowls Middletown will be acknowledged through pre-event promotions, at the event, and on Facebook and Central Connections' website. Donations can be mailed to Central Connections.

Central Connections, a 501(c)3 nonprofit senior center in Middletown, Ohio, and a United Way Agency Partner, promotes whole-person wellness and serves the needs of adults over age 50 with nutritious meals, movement classes, transportation services, health screenings, recreation, volunteer opportunities, and social and educational events and programs. Central Connections also provides a banquet center, meeting rooms, and catering services for private, corporate, and organization gatherings.

For more information about Empty Bowls Middletown, call Central Connections' Welcome Center, 513-423-1734, visit www.Facebook/EmptyBowlsMiddletown or email info@centralconnections.org.