

FOR IMMEDIATE RELEASE

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Our Community Comes Together in Support of The Wellness Kitchen Offering Weekly Meals Once Again

After experiencing a temporary closure from the October 21st fire in their building, **The Wellness Kitchen has resumed their weekly therapeutic nutrition program effective December 3, 2018.** For the past six weeks, The Wellness Kitchen has been unable to fulfill their mission providing healing foods to those in critical need along with education, resources, and nourishing meals for individuals wanting to regain or sustain optimal health. **Patrons of The Wellness Kitchen began ordering this week thanks to Atascadero Bible Church in Atascadero for use of their commercial kitchen; and Fig at Courtney's House in Templeton for a distribution location.**

"As each meal order arrived in my inbox, tears began to flow knowing we are continuing to make an enormous impact in those lives we serve," says Executive Director, Gina Grieb. "The greatest upset wasn't as much the building or the cleanup but the inability to serve those individuals' lives that rely on us for our healthy nutrient-rich meals each week."



With their storefront closed, The Wellness Kitchen will not be resuming operation of their weekday lunch counter. The primary support for the nonprofit will be their **weekly pre-order service of Healing Foods, Wellness Foods, Broths, Soups and Healing Tea, which is now available online at www.TheWKRC.org/menu.** Orders must be placed by midnight Sundays for pick up Wednesdays and Thursdays as follows:

- Fig at Courtney's House, 311 6th St. in **Templeton on Wednesdays from 3:00pm to 6:00pm; and Thursdays from 9:00am to 11:00am.**
- Idler's Sleep Center, 189 Cross Street in **San Luis Obispo on Wednesdays from 2:30pm to 6:00pm; and Thursdays from 9:00am to 6:00pm**
- Cambria Connections, 1069 Main Street, Ste. B in **Cambria on Wednesdays from 2:30pm to 4:00pm; and Thursdays from 11:00am to 3:00pm**
- Deliveries to the housebound as usual

Through your weekly orders and participation in their 2019 Top Chef Competition events, funds will go to support their:

- **Pay It Forward Program** – provides healing foods and delivery to those who are facing a health crisis (cancer, etc.), lack financial aid and/or support system.
- **Healthy Cooking Programs for Kids, Teens and Adults** - providing education at no cost to those Pay-It-Forward clients and the overall community.
- **The Wellness Kitchen's Operation Sustainability** – supports overall operations, which is currently focused on overcoming the recent set-back due to smoke and water damage due to a fire in the building.

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The Wellness Kitchen and Resource Center is a nonprofit organization in Templeton, CA whose mission is to provide Healing Foods to those in critical need, along with education, resources, and nourishing meals for individuals wanting to regain or sustain optimal health. For more information, to order meals, or register for events, visit <http://www.thewkrc.org/>.