



FOR IMMEDIATE RELEASE

**May 10, 2018**

Stephanie Austin,  
Director of Marketing  
The Wellness Kitchen and Resource Center  
Email: [stephanie@thewkrc.org](mailto:stephanie@thewkrc.org)

## **Out with the old, in with the new – How Shopping Can Feed Our Community** At a Rummage Sale for The Wellness Kitchen

Volunteers and staff have collected enough donations to host a **Rummage Sale fundraiser** for The Wellness Kitchen and Resource Center on **Saturday, May 26<sup>th</sup> from 7:00am – 2:00pm** hosted at **5100 San Benito Road in Atascadero.**

Find some treasures and show support for the north county healing nutrition movement!

Books, dishes, clothes, household items, small appliances – all kinds of things. Items are being donated by volunteers, staff, neighbors, friends, and family. **Coffee has been donated by Jobella Coffee Roasters** of Atascadero. Homemade breakfast treats will also be available – all **gluten-free, dairy-free and free of refined sugar!**

In a supportive, healing atmosphere, the mission of the Wellness Kitchen 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.

More details at <http://www.thewkrc.org/calendar.html>.

###

**The Wellness Kitchen and Resource Center** is a nonprofit organization in Templeton, CA whose mission is to provide our community with the most delicious and nutritious foods possible, but also give back through culinary instruction, nutrition education, and support groups. We host cooking classes with our in-house chefs, as well as a variety of healing lectures and demonstrations led by health professionals, guest chefs, nutrition educators, organic ranchers and farmers. <http://www.thewkrc.org/>