

## Newsletter

April 2023

Reducing hunger in Alamance County by preparing and delivering nutritious meals.

What's New	Walk-in cooler! Coming soon we'll have a walk-in cooler to store perishables courtesy of a local farmer. The cooler will be located on the grounds of the Swepsonville United Methodist Church. Thank you SUMC!	
What's on The Menu	Delicious home-made meals! Here are some of the meals!  Meal 1: Meatballs + pasta, bacon-Caesar salad, strawberries  Meal 2: BBQ Chicken, sweet potatoes, green beans, roasted apples  Meal 3+: Biscuits + sausage gravy, dessert, chips  The produce is from Second Harvest in Greensboro. The biscuits and chicken are from Chick-Fil-A in Mebane. The beef and other ingredients were purchased using donated funds. Today's dessert is a banananut mini-loaf baked by one of our volunteer bakers. The pasta with the meatballs is gluten free and made from rice. One of our cooks made the pasta sauce, as she always does, from scratch.  Humor - Why did the golfer bring two pairs of pants to the tournament? In case he got a hole in one!	
Community Activities	Swepsonville Day, Saturday April 1, 9am to 5pm Located at the Swepsonville Farmer's Market. There will be fishing, canoeing, live music, BBQ, parade and Stone Soup will be there with a delicious bake sale!  Kinfolk Concert Series, Every 3 <sup>rd</sup> Saturday from 4pm to 9pm Located at the Graham Amphitheater, 104 E Elm St in Graham. Stone Soup is hoping to be there offering refreshments!	
Volunteer Opportunities	<ul> <li>How you can help!</li> <li>Sous chef – we are always looking for help chopping veggies and prepping for the cooks.</li> <li>Bakers – if you like to bake here's a great opportunity.</li> <li>Drivers to deliver the food – deliveries are every Thursday starting at noon from SUMC.</li> <li>Writing thank you notes – this is great for those who want to contribute once in a while.</li> <li>Special events - like Swepsonville Day!</li> <li>Please contact our volunteer coordinator, Donna at 336-512-7434, or you can always contact us on our Facebook page. <a href="https://m.facebook.com/groups/3103066093080919/?mibextid=IURqYx">https://m.facebook.com/groups/3103066093080919/?mibextid=IURqYx</a></li> </ul>	
Contributions	If You'd Like to Help Those in Need. You can donate through PayPal using this link - https://www.paypal.com/donate/?hosted_button_id=ZFJ9564MLZTMY or scan the QR code to the right and it will take you to the Stone Soup PayPal donations page. Contact us - stonesoupmenus@gmail.com Special thanks to our partners: churches, local farms, community gardens, restaurants, stores, second harvest, S. A. F. E., other food ministries and our many volunteers. If you want to mail a check or contact Stone Soup Menus for any reason the address is: Stone Soup Menus - PO Box 785, Graham, NC 27253	