

# Muirhouse fill some empty bowls this Christmas



Muirhouse Community Shop was asked by Community Accesss to Schools Worker, Fiona Henderson at Craigroyston Community High School to hold a painting session for the Empty Bowls Project.

If you have never heard of Empty Bowls this is what it aims to do:

*Empty Bowls is an international grassroots effort to fight hunger and was created by The Imagine Render Group. The basic premise is simple: Potters and other craftspeople, educators and others work with the community to create handcrafted bowls. Guests are invited to a simple meal of soup and bread. In exchange for a cash donation, guests are asked to keep a bowl as a reminder of all the empty bowls in the world. The money raised is donated to an organization working to end hunger and food insecurity.*

The bowls were decorated by locals and later they were put on display in the high school and at the community shop.





Now they have been filled with goodies also donated by locals and wrapped up ready to be given out to those in need.

Robert Pearson Chair of Tenants and Residents in Muirhouse (TRIM) said: “The bright hand painted bowls are sure to make anyone smile :)”

Pictures – Courtesy of TRIM