

For Immediate Release

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**Central Nassau Guidance and Counseling Services
Launches the “Souper Bowl of Caring”**

LONG ISLAND, NY – Central Nassau Guidance and Counseling Services (CNGCS) announced that it is teaming up with the national campaign “*Souper Bowl of Caring*” to collect food items for its Food Pantry between now and Super Bowl Sunday, February 7th.

The “*Souper Bowl of Caring*” is now in its 20th year and raised over \$10.3 million in food and cash nationally last year. Central Nassau Guidance will keep all of the food items it collects during the campaign to help feed local community members.

“In the current economic conditions, many individuals and families are struggling to put food on their tables,” said Barbara Bartell, LCSW, and Chief Executive Officer of CNGCS.

“Every day, we see many of our consumers and clients just trying to make ends meet financially. Our entire staff is working hard to help them and their children through these difficult times. As a result, we distributed much of our food supply during the Holiday Season and now we need to replenish the food pantry,” Bartell further added.

Central Nassau has placed a “Souper Bowl of Caring” drop-off box in its main lobby, located at 950 South Oyster Bay Road, Hicksville. The agency is seeking donations of non-perishable food items including cans of tuna fish, vegetables and fruit. Boxes of spaghetti, rice, macaroni and cheese, cereals and jars of peanut butter and jelly are also desirable.

“We are hoping that members of our community are willing to go a little out of their way to visit Central Nassau Guidance and donate some food items,” said Gene Gallagher, Director of Fundraising and Development for CNGCS.

“Just a food can or two can make a huge difference to a hungry family. It’s really hard on a parent having to tell their child ‘sorry, we just don’t have dinner tonight’. But that conversation is happening far too often in our community”, Gallagher added.

Central Nassau Guidance is also asking community members to tie-in their own Super Bowl Party with the Souper Bowl of Caring by asking their guests to contribute one dollar each to the campaign.

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“Many of us attend or have large Super Bowl parties with an over abundance of food. Imagine if everyone at the party gave just \$1, to help someone who is hungry that night. The impact upon food pantries and those served would be amazing,” Gallagher further stated.

Cash donations can be sent to Central Nassau at 950 South Oyster Bay Road, Hicksville, NY 11801. Credit card gifts can be made online donations by visiting their website at www.centralnassau.org and clicking on the “Donate” button.

For more information on joining the “Souper Bowl of caring Team”, please call Gene Gallagher at (516) 396-2771 or email: ggallagher@centralnassau.org.

About Central Nassau Guidance & Counseling Services

Central Nassau Guidance & Counseling Services offers a lifeline of hope to those struggling with mental health and/or substance abuse issues. It has been responding to the call for help through a comprehensive network of community-based services since 1972. It is now serving Nassau and Suffolk County

Central Nassau Guidance and Counseling Services, Inc. is licensed and funded by the N.Y.S. Office of Mental Health, Nassau County Department of Mental Health, Chemical Dependency and Developmental Disabilities, N.Y.S. Office of Mental Retardation and Developmental Disabilities Services, Suffolk County Community Mental Health Services, U.S. Department of Housing and Urban Development (HUD). Member agency of the United Way of Long Island, Hicksville Chamber of Commerce, and the Long Island Association.