

FOOD

"That happiness for man—the hungry sinner!—Since Eve ate apples, much depends on dinner" Lord Byron



Do Well – Do Good

By Michael Kutscheid and Naomi Williamson

Can you imagine that your decision to reward yourself for another week's hard work by letting a French Chef lovingly prepare an exquisite five-course tasting menu that delights with every bite can be good for you and good for the community and charities?

Depending on the restaurant you choose, some of the money you spend on enjoying a meal at a fabulous restaurant also goes to supporting local charities and philanthropic endeavors. When you choose to dine in a restaurant that maximizes the amount of local products used in menu offerings and in their business, you already are helping support your community. But you may not realize how much local restaurants donate for local charity events - including gift cards, all those tasty little food samples you may have tried and the time of Chefs and managers.

Even a small, young restaurant like Sanctuary spends a significant amount supporting fundraising events like the Kidney Foundation, Heart Association, Boys & Girls Clubs, Aliveness Project and others. This year, Chef Patrick Atanalian will personally participate in "Share our Strengths Operation Frontline" where he will counsel low income families on diet and nutritional menu planning and then teach them how to actually prepare these more nutritious meals!

Society and its better angels can be judged by how they take care of those most in need. So next time you reward yourself with a lovely meal at a local restaurant, remember you can help by rewarding those restaurants that are doing the most to assist those with the least right here in our community.

*Michael Kutscheid (pictured above) and Naomi Williamson are owners of **Sanctuary** restaurant- located downtown Minneapolis near the Guthrie and the Dome, at 903 Washington Avenue South. Check out their unique menu at sanctuaryminneapolis.com.*

DINNER

Lord Henry and his lady were the hosts;

The party we have touch'd on were the guests:

Their table was a board to tempt even ghosts

To pass the Styx for more substantial feasts.

I will not dwell upon ragouts or roasts,

Albeit all human history attests

That happiness for man—the hungry sinner!—

Since Eve ate apples, much depends on dinner.

from Don Juan, Canto the Thirteenth by Lord Byron (1788-1824)



EXPLORING CULTURE