



Media Advisory

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FOR IMMEDIATE RELEASE

STAR OF TLC'S HIT SHOW *BREAKING AMISH* TO HELP NOURISH RESIDENTS IN NEED

Kate Stoltz to Volunteer Alongside Local Residents at the Capital Area Food Bank

WHAT: Kate Stoltz of TLC's hit show *BREAKING AMISH* will join a select group of DC area residents at the Capital Area Food Bank on Thursday, December 11 for a day of community service - sorting and packaging food to help families facing hunger this holiday season. The volunteers - winners of a TLC sweepstakes and their guests - will join Kate for a three-hour work session dedicated to packing food for the more than 540,000 families, children and seniors who seek food assistance from the Capital Area Food Bank's network of 500 partners across the Washington metro area.

The event comes to the DC area as part of TLC's [Season of Giving](#) and as part of a national partnership between TLC and Feeding America designed to get local communities involved in the fight against hunger. Television providers like DISH Network helped to rally volunteers for the DC event which marks the final in a series of volunteer days held across the country this week, each of which paired TLC talent with local volunteers at a Feeding America member food bank. As a continuation of the partnership, a [nationwide sweepstakes](#) is also running until December 14th offering entrants a chance to win a \$500 donation to support their local Feeding America food bank.

WHEN: **Thursday, December 11, 2014**
1 – 4 PM

WHERE: **Capital Area Food Bank**
4900 Puerto Rico Avenue, NE
Washington, DC 20017

WHY:

- According to a recent Feeding America study, Washington, DC ranks sixth in the nation for child hunger.
- More than half a million residents in the Washington metro region, 12 percent of the population, turn to the Capital Area Food Bank and its partners to feed their families.
- The Capital Area Food Bank is the region's largest hunger relief organization. To learn more, go to <http://www.capitalareafoodbank.org/>

VISUALS: ■ Kate Stoltz packing and sorting food alongside community volunteers

About TLC

Offering remarkably relatable real-life stories without judgment, the network celebrates the reality that "everyone needs a little TLC." TLC's hit series share everyday heart, humor, hope, and human connection with programming genres that include fascinating families, heartwarming transformations, and life's milestone moments such as wedding-themed programs anchored by Say Yes To The Dress. In the first half of 2014, TLC had 25 series averaging 1 million P2+ viewers or more, including six series that averaged 2

million P2+ viewers or more: The Little Couple, 19 Kids and Counting, Return to Amish, Sister Wives, Long Island Medium, and 90 Day Fiancé.

TLC is a global brand available in more than 95 million homes in the US and 352 million households in 185 markets internationally. A destination online, TLC.com offers in-depth fan sites, exclusive video content, and original editorial. Fans can also interact with TLC through social media on Facebook, Instagram, and @TLC on Twitter as well as On Demand services and mobile platforms. TLC is part of Discovery Communications (NASDAQ: DISCA, DISCB, DISCK), the world's #1 pay-TV programmer reaching nearly 3 billion cumulative subscribers in more than 220 countries and territories.

About Feeding America

Feeding America is the nationwide network of 200 food banks that leads the fight against hunger in the United States. Together, we provide food to more than 46 million people through 60,000 food pantries and meal programs in communities across America. Feeding America also supports programs that improve food security among the people we serve; educates the public about the problem of hunger; and advocates for legislation that protects people from going hungry. Individuals, charities, businesses and government all have a role in ending hunger. Donate. Volunteer. Advocate. Educate. Together we can solve hunger. Visit www.feedingamerica.org, find us on [Facebook](#) or follow us on [Twitter](#).

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