

Tuesday's Table | Aisle Be There



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**Supermarket Sweep:
An Afternoon of Groceries, Games, and Giving**



By: Kiel Bowen, Partner, Mayer Brown

Last November, our Charlotte office turned an ordinary Thursday afternoon into a meaningful act of service through the Supermarket Sweep at the Dilworth Food Lion. Far from a routine grocery trip, the event reflected Mayer Brown's deep commitment to community impact.

Each participant arrived with their own \$100 and set out to fill grocery carts with [Nourish Up's most-needed items](#) — essentials like peanut butter, canned vegetables, cereal, pasta, and other staples — while aiming to spend as close to the \$100 as possible. The objective was clear: **shop strategically, stretch every dollar, and maximize the benefit for neighbors in need.** The participant who came the closest to \$100 worth of groceries without going over would be awarded with a mini gold grocery cart and plaque.

What followed was a spirited challenge. Participants approached the task with varying strategies — some used mental calculations, while others relied on quick decision-making and instinct. Shoppers and store staff looked on as attorneys navigated the aisles with purpose, determined to balance efficiency, accuracy, and generosity.

By the end of the evening, the results spoke for themselves: more than 1,800 pounds of food was collected, enough to fill a Nourish Up van and an additional SUV to capacity! **The effort underscored how collective action, even on a weeknight, can generate meaningful outcomes for the community.**

Beyond the numbers, the event fostered connection and camaraderie among colleagues, reinforcing the importance of collaboration not just in the workplace, but in the broader mission of service. **In a season often centered on consumption, it was a significant reminder of the fulfillment that comes from giving back.**

We came together for the cause, strengthened bonds in the process, and left with the shared satisfaction of making a tangible difference. The success of this event sets the stage for future opportunities to give back — and our team is already looking forward to the next challenge.



At Nourish Up, our need is great. We are so grateful for our friends at Mayer Brown who create this energetic opportunity each November. Events like the one above are a great way to combine simple fun with powerful mission.

Let us help you organize your own Supermarket Sweep!

We need you, Charlotte community! Sharp federal funding cuts, the government shut down, and requests from hundreds of people every day are keeping us busy.

It's a lot to understand, and we all have questions. Please read [this document produced by the Kate B. Reynolds Charitable Trust](#). It is an excellent summary of the **drastic impact** these cuts may have for North Carolina.

We need FOOD, VOLUNTEERS, DONATIONS.

Join us to close the gap and ensure access to nutritious food.

Get Involved Today

**It is our mission to nourish our neighbors
with food and compassion.**

Nourish Up provides groceries, meals, and hope through a network of food pantries, grocery home delivery, and as the primary Meals on Wheels program for Mecklenburg County.

www.nourishup.org



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