

# THE KITCHEN WIDOW

*Come for the food, stay for the inspiration.*



## MISSION STATEMENT

The Kitchen Widow is a modern take on the age-old kitchen table conversation – a platform dedicated to raising awareness about how we can support each other through times of illness and grief. Here, we reclaim the lost art of comforting the soul. We do it around delicious food.

*If you've ever been touched and asked yourself "What do I say, What do I do?," or been personally touched by a profound loss, then The Kitchen Widow is where you will find advice and inspiration.*

## KITCHEN WIDOW 101

- On screen, Tembi Locke is a Hollywood actor (*Dumb and Dumber To*, *NCIS*, *Castle*). Off-screen she was wife to the easygoing Sicilian-born chef, Saro. It was an ideal life for the girl who had dreamed of a life in the arts and who routinely begged the last bite of a delicious meal.
- Yet the paths life puts before us are often marked with unexpected turns. When she was 31, Saro was diagnosed with a rare bone cancer. In an instant, Tembi took on a role familiar to millions - she became a primary caregiver. She spent the next ten years witnessing, assisting and loving someone through the most difficult moments of life. She also perfected the art of building a modern village of support.
- Community can transform how we face moments of deep living. Connection can change how we move forward after a life altering experience. As a young widow, Tembi walked through the wilderness of illness and grief and found the gifts that can lie in unexpected places. Her perspective is refreshing, candid and soulful, with an old-world relevance for modern living.

*The Kitchen Widow is an inspirational platform dedicated to raising awareness about how we can support each other through times of illness and grief. It is a place for friends, family and modern foodies interested in lending a helping hand.*

[WWW.THEKITCHENWIDOW.COM](http://WWW.THEKITCHENWIDOW.COM)

[TheKitchenWidow@gmail.com](mailto:TheKitchenWidow@gmail.com)

