


# FOODFROMTHEHEART

## NEWSLETTER



Happy New Year! Wishing you a most wonderful year and hoping that you can feel the love and care that we pour into each bag of food that gets delivered to you. We know that eating healthy and nourishing food will help in your recovery and we are extremely happy that we are able to provide this service to you at no charge. We have a wonderful family of volunteers that come together twice each week to make these bountiful bags and all of us at Food From The Heart, from the shoppers, choppers, preppers, cooks, baggers, dishwashers and delivery people all wish you well and hope that this year is a good one for you.

### MENU

#### STEAK & POTATO SOUP

Sirloin Steak, Beef Stock, Red Wine, Yukon Potatoes, Caramelized Onions, Roast Garlic, Carrots, Celery, Peas, Thyme & Parsley

#### TURKEY MEAT LOAF & VEGGIES DINNER

Ground Turkey, Onion, Celery, Garlic, Peppers, Parsley, Herbs, Eggs, Bread Crumbs, Roast Yams, Broccoli, Brussels Sprouts

#### POLENTA MOZZARELLA MARINARA

Ground Corn Pudding with Parmesan Butter & Garlic Pear Tomatoes, Onions, Garlic, Basil & Olive Oil Sauce Mozzarella Cheeses, Roast Bell Pepper & Mushrooms

#### CHICKEN APPLE MANGO SALAD

Diced White Chicken, Celery, Sweet Red Onions, Parsley, Granny Smith Apples, Mayonnaise, Meyer Lemon, Honey, Fresh Diced Mango

#### CHEF'S GREEN LUNCHEON SALAD & SHALLOT FRENCH DRESSING

Butter Lettuce, Spring Mix Baby Greens, Arugula, Red Cabbage, Carrot, Chopped Hard Boiled Egg, Red Onions, Celery, Cherry Tomatoes, Feta Cheese, Black Olives with Home Made Dressing of Lemon Juice, Olive Oil, Shallots, Herbs, Wine Vinegar, Dijon Mustard & Cracked Pepper

#### CINNAMON RAISIN RICE CUSTARD CREAM PUDDING ORGANIC BANANAS & ORANGES, SUNFLOWER SNACK MILK PACK & OUR DAILY BREAD



### NOGGIN NOSHES

*When I was born I was so surprised I didn't speak for a year and a half.*  
Gracie Allen

*We make a living by what we get, we make a life by what we give.*  
Winston Churchill

*Worries go down better with soup than without.*  
Jewish Proverb

*Beware the young doctor and the old barber.*  
Benjamin Franklin

*We cannot always build the future for our youth, but we can build our youth for the future.*  
Franklin D. Roosevelt

*You can only be young once, but you can always be immature.*  
Dave Barry

HERE'S HOW YOU CAN HELP: Please send money! Because we are a 501C.3 non-profit public benefit corporation, your donation may be tax deductible. Kindly make your check payable to FOOD FROM THE HEART, PO Box 3908, Santa Barbara, CA 93130.

VISIT OUR WEBSITE! [www.foodfromtheheart.com](http://www.foodfromtheheart.com) and make a donation or an ongoing pledge using your credit card.

INVITE A FRIEND TO VOLUNTEER! We meet every Wednesday morning from 8 a.m. to approximately 1 p.m. Anyone can come for any part of it. Our kitchen is in the Trinity Evangelical Lutheran Church - 909 N. La Cumbre Road. Also we always need drivers to deliver. Drivers pick up the food at approximately 12:30 p.m. and make a few deliveries to happy clients. **Contact Robin (805) 898-3981**