

FOODFROMTHEHEART

NEWSLETTER



The simple idea is to bring a basket of warm good food made with love and care. Our family of volunteers has found great camaraderie, support and satisfaction as they spend a few wonderful hours each week preparing meals for people in need. We invite you to meet with us, cook with us, make a donation and be part of our FOOD FROM THE HEART FAMILY!

MENU

GARDEN MINESTRONE SOUP

Chicken & Veggie Broth, White Wine, Tomatoes, Onions, Carrots, Celery, Bell Peppers, Zucchini, Garlic, Garbanzo Beans, Red Beans, Green Beans, Fresh Thyme, Oregano, Parsley, Basil & Mint

FLAT BREAD VEGGIE CHEESE PIZZA

Ciabatta Bread, Roasted Tomato Onion Garlic Oregano Basil Sauce, Mozzarella & Parmesan Cheeses, Roast Red, Yellow & Green Bell Peppers, Monterey Mushrooms, Black Olives, Scallions

TARRAGON CHICKEN PASTA

Macaroni Pasta Shells, Roast Chicken Diced, Celery, Red & Green Bell Peppers, Mushrooms, Garlic, Scallions, Fresh Tarragon & Parsley, Chardonnay Wine Butter & Cream Sauce, Roast Baby Zucchini & Carrots

POTATO & EGG DELI SALAD

Rose Potatoes, Hard Boiled Eggs, Celery, Red & Green Bell Peppers, Parsley, Scallions, Dill, Mayonnaise & Mustard, Dill Pickle Garnish

FRUIT PLATE

*Watermelon, Cantaloupe, Strawberries, Purple Grapes, Orange Slices
Orange Juice Honey Mint Dip*

CUCUMBER RAITA & COOL GREENS

Butter & Iceberg lettuces, Chopped Cucumber Salad With Yogurt, Sour Cream, Rice Wine, Honey Sweet Red Onions, Fresh Mint, Parsley, & Cherry Tomatoes

BROWN SUGAR BUTTER PINEAPPLE UPSIDE DOWN CAKE CANDY FAVORITE, MILK PAC & OUR DAILY BREAD



NOGGIN NOSHES

Animals are such agreeable friends - they ask no questions, they pass no criticisms. George Eliot

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort. Herm Albright

There are two types of people--those who come into a room and say, "well, here I am!" and those who come in and say, "Ah, there you are." Frederick L. Collins

I can resist anything but temptation. Oscar Wilde

We are a volunteer driven program that meets every Wednesday to prepare healthy and nutritious meals for members of our community in crisis. The food is important but what is equally important is the message it brings that others really care and have the empathy for the challenging situations which our clients are facing. As a non-profit group, FFTH relies on pledges, donations and grants to fund our program--in other words we rely a lot on people like you.

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 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**