

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

WHITE BEAN SOUP

Small White Beans, Chicken & Veggie Broth, Onions, Celery, Carrots, Roast Garlic, Watercress, Parsley, Thyme

SHIITAKE TURKEY MEAT LOAF DINNER

Ground Turkey, Ground Beef, Shiitake Mushrooms, Onions, Garlic, Scallions, Celery, Bell Peppers, Eggs, Bread Crumbs, Parsley, Herbs, Roasted Yams, Rose Potatoes & Summer Squash

RAINBOW ROTINI PASTA LUNCH

Rotini Colorful Pasta, Red & Green Bell Peppers, Celery, Scallions, Black Olives, Parsley, Parmesan Cheese, Olive Oil, Lemon Juice, Herbs, Hard Boiled Eggs & Broccoli Spears

ORCHARD CHICKEN DELI SALAD

Diced Chicken, Celery, Sweet Red Onions, Gala Apples, Raisins, Almonds, Parsley, Mayonnaise, Orange & Lemon Slice Garnish

1965 GREEN SALAD

Iceberg Lettuce, Red Cabbage, Grated Carrots, Bell Pepper Ring, Pickled Beets, Italian Herb, Olive Oil & Wine Vinegar Dressing

**FRESH BLUEBERRIES & STRAWBERRIES
PEPPERIDGE FARM FAVORITES
HERSHEY BARS
MILK & ORANGE JUICE PACS &
OUR DAILY BREAD**

NOGGIN NOSHES

Too many of us look upon Americans as dollar chasers. This is a cruel libel even if it is reiterated thoughtlessly by the Americans themselves
Albert Einstein



The secret of eternal youth is arrested development.
Alice Roosevelt Longworth

Baseball is 90% mental, the other half is physical.
Yogi Berra

The good life, as I conceive it, is a happy life. I do not mean that if you are good you will be happy - I mean that if you are happy you will be good.
Bertrand Russell

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**