

FOODFROMTHEHEART

NEWSLETTER



We're very happy to have our Health Permit and be back cooking for you in our home kitchen at Trinity Lutheran Church. Many thanks to all of our volunteers who joined the Commando Cooking and Delivery Brigade to make sure that you had your food during this last month of challenging times for us.

We are hoping for a nice full holiday season of cooking for you. Though we have been blessed with great good fortune this last month, our funding needs will continue through the coming months. Thank you for remembering us in any way that you can.

Love from your Food From The Heart family.

MENU

BUTTERNUT CREAM SOUP

Roast Butternut Squash, Golden Brown Onions, Potato Puree, Chicken Broth, Milk, Cream

PINTO BEAN TORTILLA PIE

Corn Tortillas, Organic Pinto Beans, Jack & Cheddar Cheeses, Tomatoes, Onions, Garlic, Roast Anaheim Chilies, Cumin & Cilantro

STEAK, POTATO & MUSHROOM DINNER

Sliced Grilled London Broil Steak
Roast Baby Yellow Potatoes, Roast Sweet Potatoes
Fresh Portobello & Shiitake Mushrooms in Butter,
Sautéed Onions Bell Peppers, Celery, Garlic & Parsley

CHICKEN SALAD FOR SANDWICHES

Chicken Breast Diced with Celery, Red Bell Peppers, Red Onions, Parsley, Tarragon in Mayonnaise
Garnished with French Radish & Toasted Almonds

GREEN SALAD WITH ARUGULA & BLUE CHEESE

Organic Hydroponic Butter Lettuce & Arugula, Red Cabbage, Carrots, Cucumbers, Red Onions, Bell Peppers, Blue Cheese Crumbles, Basil Olive Oil Vinaigrette Dressing

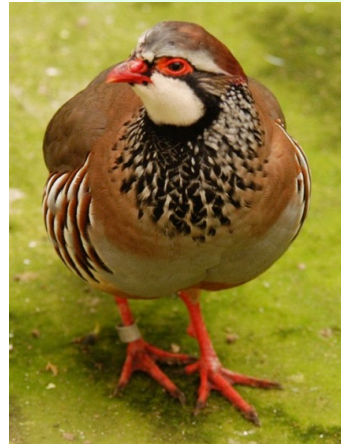
Apple Spice Upside Down Cake & Vanilla Whipped Cream

Organic Christmas Tangerines, Pineapple Guavas & Little Lady Apples

Sunflower Seeds Snack Pack

2% MILK PACKS & OUR DAILY BREAD

NOGGIN NOSHES



Education is a progressive discovery of our own ignorance.

Will Durant

Television has raised writing to a new low.

Samuel Goldwyn

Procrastination is the art of keeping up with yesterday.

Don Marquis

Oh Lord, help me to be pure, but not yet.

Saint Augustine

I don't generally feel anything until noon; then it's time for my nap.

Bob Hope

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 deliveries to happy clients.

Contact Robin (805) 898-3981