

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

BEEF SUMMER VEGGIE SOUP

Beef Broth, Red Wine, Roasted Ripe Tomatoes, Caramelized Onions, Carrots, Celery, Fresh Corn, Bell Peppers, Banana Peppers, Cauliflower, Mushrooms, Kale, Chard, Roast Garlic, Parsley & Thyme

SWEDISH MEATBALLS & EGG NOODLES

*Ground Beef & Turkey Meat, Onions, Celery, Parsley, Eggs, Bread Crumbs, Spices, Sauce of Cream, Butter, Shallots, Fresh Dill & Parsley, Egg Noodles, *Roast Portobello Mushrooms, *Broccoli Spears*

RATATOUILLE VEGETABLE CASSEROLE

Roast Garden Tomatoes, Zucchini & Golden Squash, Red Green & Gold Bell Peppers, Eggplant, Red Onions, Garlic, Basil, Parsley, Olive Oil Layered with Toasted French Bakery Bread, Parmesan & Mozzarella Cheeses

CHICKEN SALAD FOR SANDWICHES

Diced Chicken, Celery, Red Onions, Parsley, Carrots, Black Olives, Mayonnaise, Garnished with Radish & Lemon Slices

PINEAPPLE COLE SLAW

Shredded Cabbage, Carrots, Pineapple, Sweet Red Onion, Rice Wine Vinegar, Mayonnaise, Lemon, Honey, Parsley

RICE PUDDING

Jasmine Rice, Milk, Eggs, Cream, Sugar, Vanilla, Cinnamon, Whipped Cream, Fig Garnish

PLUMS & APPLES, MILK PAC, JUICE PAC

*Our thanks to Donna of Tamai Farms, Allison of Peacock Family Farms, Roxanne of Santa Rita Flower & Vegetable Farms, and
OUR DAILY BREAD*

NOGGIN NOSHES

I'm a great believer in luck, and I find the harder I work the more I have of it.

Thomas Jefferson

Politics is war without bloodshed while war is politics with bloodshed.

Mao Tse-Tung



When someone asks you, "A penny for your thoughts," and you put your two cents in, what happens to the other penny?

George Carlin

An eye for an eye makes the whole world blind.

Mahatma Gandhi, (attributed)

Last night I dreamed I ate a 10 pound marshmallow, and when I woke the pillow was gone. Tommy Cooper

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**