

# FOOD FROM THE HEART



## newsletter

volume 1.1

[www.foodfromtheheart.us](http://www.foodfromtheheart.us)

805-969-6555

### FOOD FROM THE HEART

♥ is a grass roots program that was originally called Project Food Chain, and was begun in 1994 by Evelyn Jacob in response to the needs of those in our community living with HIV/AIDS.

In 1999, Robin Monroe became the Coordinating Chef and has expanded the program to also serve anyone who is in crisis with any illness or under the care of Hospice.

The simple idea is to bring a basket of warm good food made with love and care. This is how a small town community would have taken care of their neighbors and friends in difficult times.

The food is important but what is equally important is the message it brings that others really care and have true empathy for the challenging situations which our clients are facing.

Our hot meals program is unique because we prepare very high quality, professionally prepared food which utilizes the best ingredients possible. Taste, nutrition and visual

appeal are foremost in importance when we plan the menus.

Many of our clients have very diminished appetites so we strive to tantalize them with eye appeal, aroma and fabulous taste in addition to choosing ingredients specifically known for their healing power, high vitamin antioxidants and phytonutrient content.

A high percentage of our produce is picked fresh from a local organic farm the same day we prepare it.

Our group of dedicated volunteers is so special - many have been working together for almost 10 years and have become a very close family - in fact, we do call ourselves "the family". We care very much for each other.

This is a "program" designed to bring satisfaction, joy and happiness for our volunteers as much as it is a "program" for our clients. We invite you to meet us, cook with us, make a donation to us and join our **FOOD FROM THE HEART** ♥ family!

Your Donation means so much to us and keeps us cooking, allowing us to continue to provide these meals to our clients in need.

Here's how you can help:

#### 1) **SEND MONEY!**

We are a non-profit organization, so your donation can be tax-deductible. Please make your check payable to: **FOOD FROM THE HEART**  
1230 Coast Village Circle  
Suite M  
Santa Barbara, CA 93108.

You can also visit our web site at [www.foodfromtheheart.us](http://www.foodfromtheheart.us) and make a donation or an ongoing pledge using your credit card.

#### 2) **DONATE FOOD** that we can use in the preparation of our meals, for example: canned food (large gallons), avocados or fruit from your trees, sacks of rice or grain, boxes of pasta, fresh or frozen chicken, fish or meat, olive oil, vinegars, cheese, beans, etc.

#### 3) **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 First Presbyterian Church, 21 East Constance, behind the children's preschool.

We also always need drivers to deliver the food every week. Drivers come pick the food up at 12:30 pm and make a few deliveries to happy clients.