

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

TURKEY RICE ALBONDIGAS SOUP

Ground Turkey Meatballs in Turkey Stock with Onions, Carrots, Celery, Bell Peppers, Rice, Watercress, Cilantro, Cumin

PASTA MARINARA PARMESAN

Penne Pasta, Tomato Sauce with Onions, Garlic, Bell Pepper, Fresh Herbs, Black Olives, Steamed Broccoli, Fresh Grated Parmesan Cheese

ROAST PORK LOIN DINNER

Garlic Herb Roast Pork Loin, Sauteed Red Cabbage, Roast Yams & Potatoes

EGG SALAD FOR SANDWICHES

Hard Boiled Eggs, Celery, Peppers, Scallions, Parsley, Dill, Mayonnaise, Mustard, Radish

GREEN SALAD RANCH DRESSING

Organic Butter Lettuce, Baby Spinach, Baby Greens, Carrots, Bell Pepper, Buttermilk Ranch Dressing

COCONUT CAKE

ORANGES

OUR DAILY BREAD



NOGGIN NOSHES

Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing ever happened.

Winston Churchill.

Example is not the main thing in influencing others. It is the only thing.

Albert Schweitzer

No opera plot can be sensible, for in sensible situations people do not sing. W.H. Auden

Doing nothing is very hard to do ... you never know when you are finished.

Leslie Nielsen

The main difference between men and women is that men are lunatics and women are idiots. Rebecca West

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 deliveries to happy clients.

Contact Robin (805) 898-3981