

# 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

#### VEGETABLE BEEF SOUP

*Beef Steak, Beef Broth, Vegetable Juice, Red Wine, Onions, Carrots, Celery, Potatoes, Tomatoes, Mushrooms, Zucchini, Pasilla Peppers, Corn, Swiss Chard, Arugula, Garlic, Parsley, Thyme*

#### FLAT BREAD 3 CHEESE SAUSAGE PIZZA

*Ciabatta Bread Toast, Mozzarella, Jack & Parmesan Cheeses Sauce with Roast Heirloom Tomatoes & Red Bell Peppers, Olive Oil, Onions, Garlic, Basil & Oregano, Italian Sausage, Mushrooms, Green Bell Peppers, Black Olives*

#### CREOLE CHICKEN WITH VEGETABLES & RICE

*Grilled Marinated Chicken Breast accompanied by Creole Spice Rice with Sauteed Green Bell Pepper, Red Onions, Celery, \*Roast Cauliflower & Yams \* Steamed Asparagus*

#### POTATO & EGG SALAD

*Bed of Butter & Leaf Lettuces blanketed with chopped Yellow Potatoes, Hard Boiled Eggs, Red Onions, Green Bell Pepper, Pickle, Fresh Parsley & Dill, Mayonnaise, Mustard with a Cherry Tomato & Pickle Garnish*

#### PEANUT BUTTER & JELLY

*For Your Pantry ~ One Pound Jar Of Each*

#### CHOCOLATE CAKE CHOCOLATE CREAM FROSTING & STRAWBERRY

#### FALL BOSCH PEARS & LEMONS

#### MILK PAC & OUR DAILY BREAD

### NOGGIN NOSHES

*There's no point in being grown up if you can't be childish sometimes.*

*Doctor No*

*I Love acting. It is so much more real than life.*

*Oscar Wilde*

*Everyone wants to be Cary Grant. Even I want to be Cary Grant.*

*Cary Grant*

*I believe in equality for everyone, except reporters and photographers.*

*Mahatma Gandhi*

*I always find it more difficult to say the things I mean than the things I don't.*

*W. Somerset Maugham*



*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](http://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**