

# 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

#### CHICKEN GREENS & RICE SOUP

*Chicken Vegetable Broth, White Wine, Rice, Chicken Meat, Onions, Carrots, Celery, Curly Kale, Swiss Chard, Yellow Squash, Garlic, Thyme, Parsley*

#### AUTUMN ROAST VEGGIES SPAGHETTI

*Spaghetti Pasta topped with Marinara Sauce of Ripe Tomatoes, Olive Oil, Garlic & Onion with Fresh Basil & Herbs  
Roasted Yellow Squash, Monterey Mushrooms, Zucchini, Baby Onions, Yams, Yellow & Red Bell Sweet Peppers, Parmesan Cheese*

#### STUFFED RED & GREEN BELL PEPPERS

*Pan Browned Ground Turkey, Onions, Garlic, Scallions, Ortega Mild Green Chilies, Monterey Jack Cheese, Chopped Tomatoes, Bakery Sourdough Bread Cubes, Fresh Herbs, Parsley, Parmesan Cheese  
Stuffed into Fresh Bell Pepper & Baked*

#### DELUXE LAYERED HUMMUS SPREAD

*Black Bean Hummus, Garbanzo Bean Hummus, Lemon Juice, Olive Oil, Garlic, Parsley, Tahini, Sesame, Garnished With Roast Pistachio Nuts, Red Onions, Olive Oil, Lemon Slice*

#### ANTIPASTO ITALIAN SALAD

*Organic Leaf Lettuce & Watercress, Carrot Sticks, Tomatoes, Red Onions, Fresh Blanched Green Beans, Hard Boiled Eggs, Home Made Pepperoncini, Pickle Pepper, Kalamata Olive, Feta Cheese, Lemon Wedges & Home Made Fresh Dressing with Italian Herbs, Olive Oil, Red Wine Vinegar, Garlic, Shallot, Pepper*

#### LEMON GLACE CAKE & STRAWBERRY HONEY FIG GARNISH, GREEN APPLES, MILK PAC, OUR DAILY BREAD

### NOGGIN NOSHES

*A gentleman is someone who can play that accordion but doesn't. Unknown*

*A lie can travel half way around the world while the truth is putting on its shoes.  
Mark Twain*



*Americans will put up with anything provided it doesn't block traffic.  
Dan Rather*

*First you're an unknown. Then you write one book and move upward to obscurity.  
Martin Myers*

*A waist is a terrible thing to mind.  
Jane Caminos*

*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**