

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

WON TON SOUP

Won Ton Noodles Stuffed with Minced Chicken, Scallions, Cilantro, Ginger, Garlic, Sesame & Poached in a savory Broth of Chicken, Pork & Beef Bones, White Wine, Garlic, Ginger, Sesame Soy Sauce plus Leeks, Celery, Carrots, Spinach, Corn, & Fresh Cilantro

CUBAN CHICKEN BEANS & RICE DINNER

Roast Chicken Marinated In Tangerine Juice, Cumin, Red Pepper, Olive Oil, Garlic Savory Spicy Rice with Chicken Broth, Citrus & Scallion ~ Mashed Black Beans with Onion, Scallion, & Cilantro topped with Grated Cheeses

SAUSAGE & PEPPERS & PENNE PASTA

Mixed Roast Chicken Pesto & Italian Style Sausages over Penne Pasta Noodles ~ Sauce of Fresh Tomatoes, Red Green & Yellow Bell Peppers, Celery, Mushrooms, Onions, Garlic, Fresh Basil, Parsley Topped with Fresh Grated Parmesan Cheese, Side of Olive Oil Roasted Brussels Sprouts

THREE BEAN SUMMER SALAD

Garbanzo Beans, Red Beans, Green Beans, Black Olives, Celery, Green Bell Peppers, Red Onions, Parsley, Lemon Juice, Red Wine Vinegar, Olive Oil, Garlic, Fresh Basil & Oregano, Hard Boiled Egg Garnish

GREEN LEAF SALAD WITH BLUE CHEESE & BERRY VINAIGRETTE

Green Leaf, Baby Greens, Arugula, Red Onions, Cherry Tomatoes, Sun Ripened Fresh Figs, Blue Cheese Crumbles ~ Dressing with Pureed Red & Black Berries, Rice Wine Vinegar, Lemon Juice, Honey, Scallion, Black Pepper, Olive Oil

LEMON ZEST CAKE ~ VANILLA WHIPPED CREAM ~ BLUEBERRY COMPOTE

ORGANIC PLUMS, FRESH FIGS, GALA APPLES MILK PAC

Thanks to OUR DAILY BREAD, Clara of TUTTI FRUIT FARM & Marguerita of MUD CREEK RANCH

NOGGIN NOSHES

No matter what side of the argument you are on, you will always find people on your side that you wish were on the other.

Jascha Heifetz



There is no duty we so much underrate as the duty of being happy.

Robert Louis Stevenson

Those who flee temptation generally leave a forwarding address.

Lane Olinghouse

If I knew I was going to live this long I would have taken better care of myself.

Mickey Mantle

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**