

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

CREAM SHIITAKE ONION CELERY SOUP

Shiitake & Monterey Mushrooms, Veggie Broth, Caramelized Onions, Celery, Kale & Chard Greens, Milk, Cream, Parsley, Thyme

FLAT BREAD VEGGIE CHEESE PIZZA

Toasted Ciabatta Bread, Roasted Ripe Tomatoes, Onions, Black Olives, Green Bells, Mushrooms, Garlic, Basil, Oregano, Mozzarella & Parmesan Cheeses

CHICKEN & SAUSAGE GUMBO & RICE

Brown Butter Roux, Chicken Stock, Diced Chicken, Roast Cajun Spice Sausage, Red & Green Bell Peppers, Anaheim Peppers, Celery, Onions, Zucchini, Roasted Okra, Spices & Herbs Over Savory Rice

CHEFS SALAD THOUSAND ISLAND

Butter & Baby Red Lettuce, Red Cabbage, Grated Carrot, Beefsteak Tomatoes, Broccoli Flowers, Red Onions, Cucumber, Celery Hearts, Hard Boiled Egg, Diced Colby & Sharp Cheddar Cheese, Diced Ham, Dressing of Minced Pickle Relish, Scallions, Celery, Shallots, Peppers, Parsley, Tomato, Sour Cream, Mayonnaise

BASQUE POTTED VEGGIE CHEESE

SPREAD

Cottage Cheese, Cream Cheese, Grated Cheeses, Shallots, Celery, Carrots, Red Bell Peppers, Red Onions, Olives, Parsley, Tarragon, Thyme, Olive Oil, Lemon Zest, Black Pepper, Lemon Slice Garnish

MELONS & FIGS

Local Organic Watermelon, Cantaloupe, Honeydew, Ripe Black Mission Figs, Rosemary & Mint

FRESH GINGER COCONUT MILK CAKE

PETITE & SWEET WINTER APPLES

MILK PAC & OUR DAILY BREAD

NOGGIN NOSHES



One of the advantages of being disorderly is that one is constantly making exciting discoveries. A.A. Milne

I've always thought that a big laugh is a really loud noise from the soul saying, "Ain't that the truth." Quincy Jones

Animals are such agreeable friends - they ask no questions, they pass no criticisms. George Elliot

The brain is a wonderful organ. It starts working the moment you get up in the morning and does not stop until you get to the office. Robert Frost

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**