

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

TURKEY SUMMER GARDEN SOUP

Free Range Turkey, Chicken & Turkey Broth, White Wine, Onions, Celery, Carrots, Bell Peppers, Wax Beans, Yellow Potatoes, Kale, Parsley, Herbs, Roast Garlic

BLACK BEAN CHEESE TORTILLA PIE

Black Beans, Fresh Corn, Corn Tortillas, Tomatillos, Tomatoes, Onions, Garlic, Bell Peppers, Roast Anaheim Chilies, Cilantro, Jack Cheese, Sour Cream

PESTO PENNE PASTA & GRILLED CHICKEN

Sliced Grilled Lemon Garlic Marinated Chicken Breast, Penne Pasta, Pesto with Fresh Basil, Olive Oil, Almonds, Parmesan Cheese, Garlic & Parsley, Roast Red Bell Pepper, Monterey Mushrooms, Summer Squash

GUACAMOLE & SALSA

Fresh Local Ripe Avocados With Lime Juice, Cilantro, Scallions, Jalapeno, Fresh Ripe Tomato Salsa with Red Onions, Jalapeno, Cilantro, Lime Garnish

GARDEN SALAD & LEMON VINAIGRETTE

Iceberg & Spring Mix Lettuces, Red & Green Bell Pepper Rings, Carrots, Red Cabbage, Dressing with Meyer Lemon Juice, Honey, Grain Mustard, Olive Oil, Shallots, Fresh Herbs

APPLE SUGAR CAKE with WHIPPED CINNAMON CREAM BLACK MISSION FIGS & PURPLE PLUMS MILK PAC

We thank Lane Farms, Roxanne with Santa Rita Food & Flower Farm, Goleta Valley Organic Farmers and Our Daily Bread for their generous donations.

NOGGIN NOSHES

Part of being sane, is being a little bit crazy.

Janet Long

It is a profitable thing, if one is wise, to seem foolish.

Aeschylus

After two years in Washington, I often long for the realism and sincerity of Hollywood

Fred Thompson

Two of the most common elements in the world are hydrogen and stupidity.

Harlan Ellison

Reading is to the mind what exercise is to the body.

Sir Richard Steele



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**