

# 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

#### **SPLIT PEA HAM SOUP**

*Split Green Peas, Ham Bone, Onions, Celery, Carrots, Potatoes, Spinach, Garlic, Parsley, Bay Leaf*

#### **RAINBOW SUNSHINE PASTA**

*Rainbow Rotelle Pasta, Sun Dried Farmer Market Tomatoes, Greek Black Olives, Capers, Parmesan Cheese, Roast Red Bell Peppers, Roast Zucchini, Red Onions, Fresh Green Beans, Celery, Scallions, Shallots, Garlic, Dressing of Wine Vinegar, Lemon Juice, Olive Oil, Fresh Basil, Parsley, Tarragon with Hard Boiled Egg Garnish*

#### **CHICKEN TERIYAKI DINNER**

*Roast Marinated Sesame Ginger Garlic Soy Chicken Breast  
Savory Rice in Ginger Chicken Broth  
Red, Gold & Green Bell Peppers, Sweet Onions, Broccoli, Cilantro  
Apricot Soy Ginger Teriyaki Sauce*

#### **CARROT~PINEAPPLE SALAD**

*Fresh Grated Carrot, Pineapple, Raisins, Red Onions Parsley, Honey, Lemon, Rice Vinegar& Mayonnaise*

#### **HOME MADE RICE CUSTARD PUDDING & FRESH BLUEBERRY COMPOTE**

#### **SMOKED SALMON SAVORY CREAM CHEESE SPREAD FOR BREAD WATERMELON WEDGES & HONEY LEMON BLACK FIGS**

#### **PECAN & GINGERBREAD BISCOTTI COOKIES & HERSHEY TREAT RED & GREEN FALL APPLES MILK PACS OUR DAILY BREAD**

### NOGGIN NOSHES

*We don't see things as they are we see things as we are. Anais Nin*

*Better to get up late and be wide awake than to get up early and be asleep all day. Anonymous*



*Good judgement comes from experience, and experience comes from bad judgment.*

*Barry Le Patner*

*Seeing a murder on television... can help work off one's antagonisms. And if you haven't any antagonisms, the commercials will give you some. Alfred Hitchcock*

*I hate television. I hate it as much as I hate peanuts. But I can't stop eating peanuts. Orson Welles*

*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**