

# FOOD FROM THE HEART newsletter

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www.foodfromtheheart.com • 805-898-3981



As a non-profit group, FOOD FROM THE HEART 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:

## 1) **SEND MONEY!**

Because we are a 501.c.3 non-profit public benefit corporation, your donation may be tax-deductible. Please make your check payable to:  
FOOD FROM THE HEART  
PO Box 3908 Santa Barbara, CA 93130.

You can also visit our web site at [www.foodfromtheheart.com](http://www.foodfromtheheart.com) and make a donation or an ongoing pledge using your credit card.

2) **REMEMBER US IN YOUR WILL...** You do not have to be wealthy to leave a legacy – every little gift really does help. Please call for information on how to include us in your bequests, or see our web site for more ideas.

3) **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 First Presbyterian Church, 21 East Constance, behind the children's preschool. We also always need drivers to deliver the food every week. Drivers pick the food up at 12:30 pm and make a few deliveries to happy clients.

**FOOD FROM THE HEART** is a volunteer-driven program that meets every Wednesday to prepare delicious 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 true empathy for the challenging situations which our clients are facing.

We continue our series of honoring a volunteer each week - this week let's meet Wendy Barel's...

## *Wendy Barel's*



Wendy Barel's has lived in Santa Barbara for 35 years and has been volunteering with Food from the Heart for 10 years! She is one of the original volunteers who has stayed with this organization through all of the different kitchen transitions. She loves the delicious food that we prepare and the camaraderie of all the wonderful volunteers.

Wendy loves to travel and enjoys experiencing other cultures around the world. She recently returned from Papua, New Guinea and is planning to visit Thailand soon.

She is happiest when she is active physically and loves to hike, snowboard, scuba dive, bike, do pilates and yoga. She loves working in her garden and playing with her yellow labs.

Wendy also loves staying home in Santa Barbara with no specific plans and letting the day unfold as it will.

She was a math major in college and taught high school math for several years before she started her own family. Her husband Larry is semi retired and flies his own plane, so they frequently go to Mammoth. Their son Orion is 27 and lives on Oahu selling real estate. Their daughter Tiare is 23, just graduated from college, and is exploring opportunities in education.