



The Newsletter from the
Sandwich Program—
Angel's Offerings from
Sophia's Kitchen
103 S. Richard Pryor Place
Peoria, IL
CatholicPeoria.com

Did you know?

- We feed 300 to 700 people daily
- We never turn down those in need
- All our meals are made fresh
- Join us at 7:30 AM daily Mass at St. Joseph Church. Special Intentions for our volunteers.

Inside this issue:

Making a Difference	1
Turkey Dinner	2
Spiritual Center	2
Volunteer Spotlight	3
Heart of Illinois Harvest	3
Bill Winkeler	3
Mission Statement	4

Notes From the Kitchen

Volume 1 Issue 3

Fall 2016



Making a Difference

Christmas Baskets - Our phones have already begun ringing with calls asking to be signed up for a Christmas Basket. Officially, we take orders for the baskets on the Monday and Tuesday before Thanksgiving always. This year, we expect to sign up about 600 people, with about 100 infirmed needing the food brought to their homes. Each basket is filled with as much wholesome food as we can. We are blessed with many generous donations in December to help us with this project. Basket packing and delivery will be held on December 17, beginning at 9 AM. The remaining baskets will be picked up December 19 and 20. We will be

blessed with Elves from Alter Ego Spalon and Caterpillar helping to carry baskets to cars and other jingley fun.

What if they missed signing up? On the days remaining before Christmas, we'll make sure every sack lunch also has a few extra goodies. God always provides enough food for us to share generously.

How can you help? Canned goods are always welcomed. Please keep healthy options in mind - low fat and sodium foods help our patrons control diabetes and high blood pressure. Protein foods like nuts, nut butters and canned meats are

wonderful. Personal items that can't be purchased with food stamps help desperate budgets. Individual wrapped toilet paper rolls, toothbrushes, toothpaste, bandaids, Chapstick, soap and shaving products make a significant difference. Please avoid glass bottles.

Checks can be made to Sophia's Kitchen, c/o Sacred Heart Church, 504 Fulton Street, Peoria, IL 61602. Or you can give electronically at catholicpeoria.com

Any questions contact Claire at: 309-655-1578

From Claire's Desk...

Your donations are used to buy canned goods to fill out our baskets generously. Save a Lot has been so gracious this year with donations to

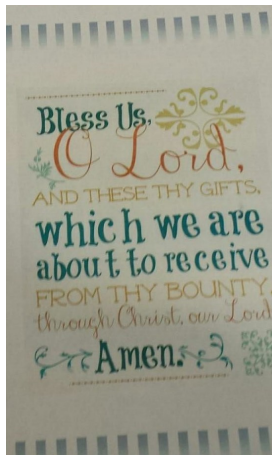
Sophia's Kitchen, and we found your dollars stretched very far by purchasing from them.

Thank you to everyone who makes this Christmas

season go so smoothly and joyous! May your new year be blessed.

Claire Crone,
Program Director

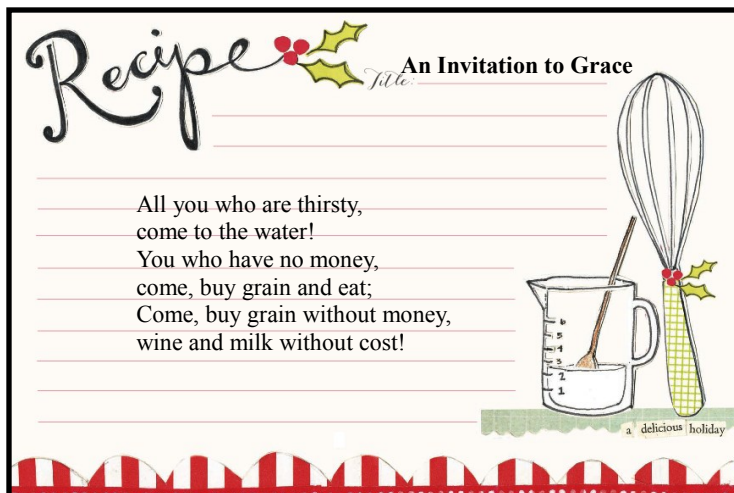
Turkey Dinner



Turkey Dinner is served the Thursday before Thanksgiving each year. This special dinner is served restaurant style, with clients being waited on by our volunteers.

We break out the 'china' for this fun day! Many extra volunteers come in to help out, adding a special festivity to the

event. This year, we welcome a group of students from Pontiac. A special thanks to them for this long trip, and all their great help!



Faith in Action

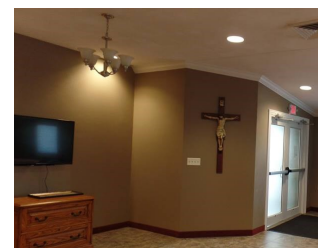
It's a beautiful thing to see the young students serving alongside our veteran volunteers. Thank you for teaching them how to love their fellow man. The compassion they are learning at our window will well serve them for the rest of their lives. We have greatly appreciated the strong young people taking out the garbage, carrying heavy boxes and pitching in where ever they are needed. They are now skilled in good work ethics and healthy kitchen skills from your examples!

Spiritual Center



Immaculate Conception: We wanted to celebrate this holiday in a special way. The Spiritual Center gives us a wonderful opportunity to evangelize and share our faith with the community we serve. We couldn't decide, though, what may have been Mary's favorite food! I'm fairly certain dried fish and figs

wouldn't go over well these days. We concluded that surely She would have loved our chili! Hearty and warm, it pairs nicely with peanut butter and jelly sandwiches. All Mothers want us to have food that 'sticks to your ribs'. This fun day helps us share Her love for all God's children.



Volunteer Spotlight

Brian McKenna makes Tuesday afternoons so much fun! His cheerful attitude makes the afternoon fly, as he scrubs our pots and pans. He's a 5 year veteran to our program and also volunteers at Heart of Illinois Harvest twice a week. We always know that his days on the Harvest truck will bring

us a bounty, because Brian knows what we need most.

Would you like to have as much fun as Brian washing dishes? Go to CatholicPeoria.com, follow the link to Sophia's Kitchen and fill out our volunteer application. Applications are accepted January through October.



Heart of Illinois Harvest

Heart of Illinois Harvest, a food rescue organization, goes daily to local grocery stores, restaurants and other food agencies to collect wholesome foods that would otherwise have been thrown away. Food is donated when a store can no longer sell it for a variety of reasons. It may

be past its peak freshness date, the package was mis-marked or a new packaging has arrived. A local ad agency needs just one item to photograph, so they donate the remaining case to Harvest. Harvest then brings these foods to local food banks and soup

kitchens, including Sophia's Kitchen. Each day, they give us approximately \$500 to \$3,000 in food. We never know what they will bring us, but God has a way of seeing just what we need that day! Our wonderful cooks bring inventiveness to us as they take what

has been dropped off and create the most amazing dishes. If you'd like to learn more about Harvest, or to donate, go to: hoiharvest.org

Bill Winkeler—You Will Be Missed

In sadness, we say good bye to Thursday afternoon volunteer Bill Winkeler, who died October 20. He began volunteering at the Sacred Heart kitchen in 2009 and was a cheerful, loyal supporter to Sophia's Kitchen. Bill loved serving at the

window and was more than happy to work in the Spiritual Center. He made sure everyone knew he was a Cardinal Fan and that he loved his family. Our afternoons were full of laughter with Bill around. He will be greatly missed.





In the Spirit of Saint Francis and true to the foundation began by the Friars Minor, Sophia's Kitchen is an outreach of Sacred Heart Parish.

All donations are tax deductible and are used exclusive to for the needs of this ministry to the hungry of Peoria.

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CatholicPeoria.Com

The people we serve at Sophia's Kitchen have the same hopes and dreams for their children as you do for yours. Help us provide them with nutritious, healthy food. Donate on-line at CatholicPeoria.com & click on **DONATE or mail donations to:**

**Sophia's Kitchen c/o Sacred Heart Church
504 Fulton Street
Peoria, IL 61602**

Mission Statement

Under the direction of the Roman Catholic Diocese of Peoria, Sophia's Kitchen gives those in need food for the day, support for their health needs, and spiritual guidance for their everlasting souls. We provide a safe, clean, uplifting environment for our patrons in need of food and fellowship.

Almighty Father, help us love and serve those who are hungry. Use us to feed their souls and bodies, in accordance with the teachings of God's Holy Church. We ask this through Christ Our Lord. Amen

