

Sophia's Lunch Box

Put your fasting into action.

"Fast" during Lent from one meal a week and put the alms you save in the lunch box. Your Lenten hunger helps to feed a hungry brother or sister here in Peoria.

They are veterans, handicapped, children, women, men, run away teens. Some have jobs, many are homeless. All have dreams of a better life, but for most, there will never be an end to their poverty. They are grateful, angry and undeserving. They are the same as us. They are hungry.



A typical lunch includes a peanut butter & jelly sandwich, soup, fruit and cottage cheese and a dessert. Coffee, juice or water are also offered. Served in a sack decorated by our school children, this may be the only food a patron eats today.

- ◆ Sophia's Kitchen feeds more than 300 people each day, with some days feeding as many as 700 souls
- ◆ We have 155 active volunteers
- ◆ 23 PND students are earning Community Service hours
- ◆ Five Catholic Grade schools send students to help
- ◆ In the last 6 months, volunteers have contributed more than 12,000 service hours.
- ◆ Volunteers come from as far as Pontiac, Quincy and Woodhull
- ◆ Our oldest volunteer is 92 years old and comes each week

Return the Lenten Lunch Box to the Parish Office at Sacred Heart, 504 Fulton Street, Peoria, 61602. Checks can be made to Sophia's Kitchen.

LENT 2018

