

# 2020

## Sophia's Kitchen Annual Report



Under the direction of Sacred Heart Parish, 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.



SACK MEALS

# 57,591

PROVIDED



AVERAGE GUESTS

# 227

PER DAY

MONTHLY  
FOOD PANTRY

# 322



We do all of this with one director and the labor and spiritual guidance from 1 brother, several sisters, our parish priests and many lay people who dedicate themselves to this special ministry.

# 180 +

VOLUNTEERS

CONTRIBUTED

MORE  
THAN

# 17,274

HOURS OF SUPPORT



The act of one kind priest giving a peanut butter sandwich to a hungry man many years ago has turned into

## Over 1/2 Million

TOTAL MEALS SERVED 2010 - 2017

# HIGHLIGHTS



# Annual 2020 Report

- 1700 CHRISTMAS BASKETS SHARED
- LITTLE FREE PANTRY MADE AVAILABLE FOR OFF HOURS
- FOOD PANTRY PROVIDED 3,861 GUESTS FOOD STAPLES
- 1,500 + FACE MASKS GIVEN TO GUESTS

## THE SOPHIA'S KITCHEN PRAYER

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

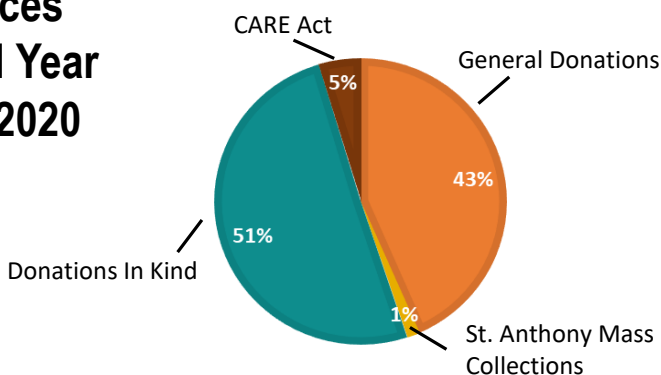
## WHO WE SERVE

*We serve anyone who comes through our door*

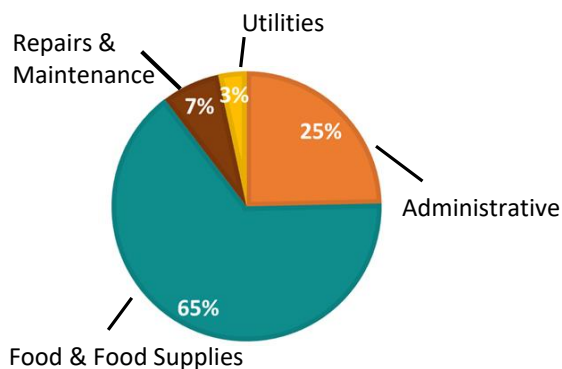
- ❖ 54% live in is the 6<sup>th</sup> poorest zip code in IL
- ❖ 84% experience food insecurity
- ❖ 1 in 5 are homeless
- ❖ 25% are employed
- ❖ 22% have attended college
- ❖ 3 out of 4 travel to Sophia's by walking, bicycle or bus
- ❖ 2 out of 5 have high blood pressure
- ❖ 98% believe in God

## Finances Fiscal Year 2019-2020

Income: \$716,842



Expenses: \$629,525



## Your continued support is important

To continue our mission to feed the hungry in our community, we need your support. Whether it's a financial gift, food donation, or a gift of time through prayer or volunteering – it's vitally important to our success.

To find out how you can make an impact, visit  
[www.catholicpeoria.com/Sophia's-Kitchen](http://www.catholicpeoria.com/Sophia's-Kitchen)

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