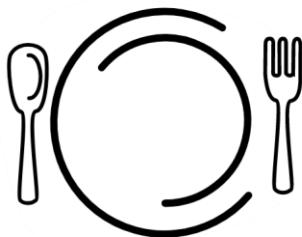


2022

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

69,799

PROVIDED



AVERAGE GUESTS

294

PER DAY

MONTHLY
FOOD PANTRY

408

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

22,249

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 2022 Report

1100 CHRISTMAS BASKETS SHARED

LITTLE FREE PANTRY MADE AVAILABLE FOR OFF HOURS

FOOD PANTRY PROVIDED 4,890 GUESTS FOOD STAPLES

PET PANTRY PROVIDED MORE THAN 1,500 MEALS

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

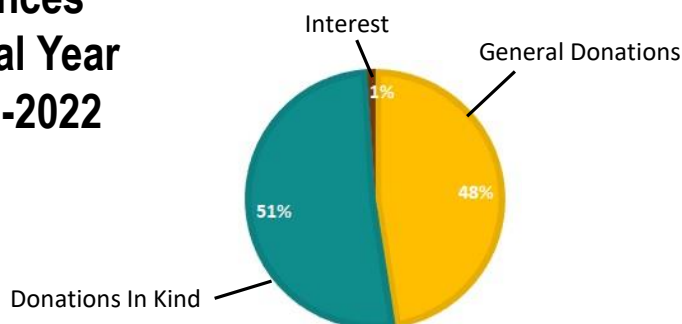
WHO WE SERVE

We serve anyone who comes through our door

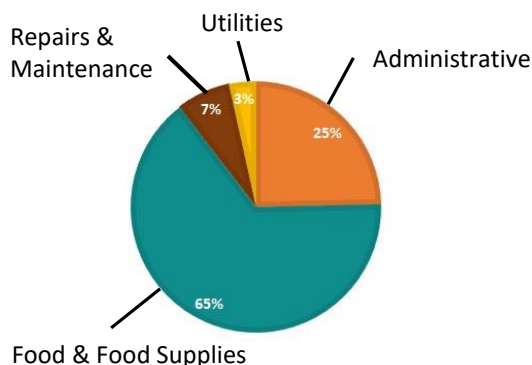
- ❖ 54% live in is the 6th poorest zip code in IL
- ❖ 84% experience food insecurity
- ❖ 1 in 5 are homeless
- ❖ 25% are employed
- ❖ 22% have attended college
- ❖ 3 out of 4 travel to Sophia's by walking, bicycle or bus
- ❖ 2 out of 5 have high blood pressure
- ❖ 98% believe in God

Finances Fiscal Year 2021-2022

Income: \$1,144,779



Expenses: \$904,871



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

Address: 105 N Richard Pryor Place | Peoria, IL 61605 | 309-655-1578