

## What if my schedule is full?

Financial gifts are crucial to Sophia's Kitchen work, and donating money is a great way for busy people to support hunger relief. To make a tax deductible donation to Sophia's Kitchen you may send it to: Sophia's Kitchen  
c/o Sacred Heart Church  
504 Fulton Street  
Peoria, IL 61602.



Sister  
Merlinda

Has God put a call in your heart to help us? Your willingness to serve those less fortunate will be rewarded in heaven. We welcome all who come ready to work, to serve and to love our fellow man. Our mission statement can be summed up in a single word: NOURISH. We seek to give as much nourishment as we can to both the bodies and souls of those who are hungry.

Almighty Father,  
Help us to 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

**HEART OF PEORIA  
CATHOLIC COMMUNITY**

To apply to join our volunteer team, go to [www.catholicpeoria.com](http://www.catholicpeoria.com), and follow the link to Sophia's Kitchen, where you will find a Volunteer application form.



## VOLUNTEER & GIVING OPPORTUNITIES

*You can make a difference*



**Sophia's Kitchen  
103 S. Richard Pryor Place  
Peoria IL 61605  
309-655-1578**

# How can you help:

## Volunteering at Sophia's Kitchen is a wonderful, rewarding experience

Sophia's Kitchen serves the homeless, unemployed, and underemployed hungry of Peoria. The Kitchen serves from 9 AM to 3 PM Monday through Friday. 200 to 700 hungry souls come seeking a nutritious meal each day. Many hands are needed to prepare and serve food.

You will be serving in a secure facility with trained staff, who encourage good safety skills, both in the kitchen and with our clients. Our facility is one of peace. We strive to inspire calmness and prayers throughout the day. Nonsense is not tolerated.



## To be a Sophia's volunteer:

- Be at least 12 years old
- Be willing to follow health department rules and regulations
- Understand this program is under the direction of the Catholic Diocese, and be respectful of Catholic teachings and traditions
- Have no allergies to peanut butter
- Be able to stand for at least 2 hours and pick up 10 lbs.
- Attend Safe Environment Program Training

## Is there required training?

All volunteers must attend a one hour session of Safe Environment before beginning to serve.

## Can I bring a group?

We welcome groups who come for one time special projects on weekdays between 8 AM and 3 PM. Please schedule your event 4 weeks prior.

## What is the time commitment?

Each weekday has a morning shift and an afternoon shift. We prefer a commitment to one 4 hour shift a week, but will make allowances for an occasional or one time experience.

## What will I do?

There are many parts to creating a great day! Volunteers of all talents are needed to serve with a humble heart. You'll be placed where you are most comfortable, but will be expected to fill in if needed.

Cooks: be ready to take whatever ingredients God gives us and create something nutritious and delicious! You'll be creating meals for 200 to 700 people, with lots of help!

Kitchen help: These busy bees are the heart of our mission. You'll be making hundreds of sandwiches, chopping lots of vegetables and doing lots of clean up. Great for those who are highly social.

Dishwasher: Seriously the best job in the kitchen! Play in water while using power tools to sanitize whatever comes your way. This is a more solitary position.

Window worker: Give food and drink to the hungry. This highly active area requires lots of standing and ability to interact with clients.

Spiritual Center: Lead a rosary, interact with clients one on one, read stories to children, teach a Bible Study class. Spread