

# Helping Sophia's Kitchen

Inspired by the spirit of St. Francis and under the pastoral leadership of Sacred Heart Parish, Sophia's Kitchen is staffed by a dedicated group of volunteers, who give generously of their time so that no one goes hungry.

These volunteers make hundreds of peanut butter and jelly sandwiches daily. The rest of the menu varies day by day as God provides. Local grocery stores and restaurants donate liberally to help provide filling and nutritious food.

Sophia's Kitchen is located at St. Joseph Hall, 103 Richard Pryor Place, across from the Peoria Housing Authority. Meals are served Monday through Friday from 9 AM to 3 PM, and is handicapped accessible.

## How you can help?

Volunteers are always wanted to come help make sandwiches and serve the hungry. Some days we serve close to 700 people. Be prepared to work joyfully! Please call to schedule an orientation.

Donations of food are welcome. Please think about us after your next party. We are happy to accept healthy, and wholesome foods that may be leftover, as well as plates, cups and plastic spoons and forks. Healthy juices that have vitamins to boost nutrition are always needed.

Extra help is needed in December as we fill Christmas baskets. If you can answer a phone, place a can in a sack, or deliver to the homebound, we would love to have you join us.

## Feeding the Hungry

Please accept my donation to help feed the hungry of Peoria.

\$10

\$25

\$50

\$100

Other \$ \_\_\_\_\_

Memorials totaling + \$1,000 are noted with a nameplate on a plaque in the entry.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_

Email Address \_\_\_\_\_

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