

# Sophia's Kitchen



Sophia's Kitchen is dedicated to serving the whole person with dignity. Our clients come to us hungry—both in body and often in spirit. We serve them meals filled with as much nutrition as possible to nourish their bodies.

Priests, Sisters, deacons and lay people are available every day to tend to their spiritual needs. Our dining area, the Spiritual Center, is a place of peace and calmness where they can safely eat their meals and be exposed to Christ's love. We also host nurses, health fairs and other community events to attend to their physical needs. We hope to bring them not just food, but also joy and a feeling of community and belonging.

We serve a generous sack lunch to the hungry of Peoria. In God's great abundance, Sophia's Kitchen has more than enough food to ensure no one goes hungry.

## FOOD PANTRY

In addition to daily lunches, there is still enough food to pack grocery bags to take home. The pantry is stocked with fresh supplies at the end of each serving day, and by generous parishioners and others as they can.

On the last Friday of every month, Sr. Merlinda sets up a little store, filling tables with groceries. About 100 patrons each month are able to take home bags of groceries to cook up for their loved ones.

## LITTLE FREE PANTRY

A 2017 survey gave staff and volunteers a better idea of how to best serve our patrons' needs. One of the things we learned was that it is often more difficult to get food on the weekends. We addressed the issue by establishing a Little Free Pantry stocked with nutritionally dense foods such as Nutri-Grain bars, nuts, nut butters, cans

## BOARD OF DIRECTORS

Bishop Daniel R. Jenky  
Greg Birkland  
Jason Weber

## Signature Events

### Sophia Sunday

July 2018

Dinner/silent auction to honor Sophia Donald and to benefit daily operations

### Basket Packing

December 2018

We pack 700 baskets of food for the needy. Reservation only

We offer the Food Pantry from 1 to 3pm on the following dates:

April 27, 2018

May 18, 2018

June 29, 2018

July 27, 2018

August 24, 2018

September 28, 2018

October 26, 2018

November 16, 2018

of soup, fruit, applesauce and pouches of tuna.

Patrons of Sophia's Kitchen don't need to worry if they will be hungry on the weekends or after hours. The Little Free Pantry is stocked with emergency food and accessible 24/7. Anyone is welcome to help themselves to what they need.

## PET FOOD PANTRY

We love our furry friends, too! On the second Thursday of each month at 1pm, Peoria County Animal Protection Services (PCAPS) brings food and information to share. They also share spay and neuter information as well as low-cost immunization information.

## DONATIONS WELCOME!

The most requested items are non-food items like dish soap, laundry detergent and toothpaste. Shampoo, feminine items, cleaners and paper products are also much needed. Small sizes are best, as most of our patrons travel on buses or by foot and larger sizes are difficult to carry a long distance.

We're happy to take donations of cat and dog food, wet and dry. Treats and litter are also needed.



## Sophia's Kitchen

103 S. Richard Pryor Place  
Peoria, IL 61603  
(309) 655-1578

## Mailing Address:

504 Fulton St.  
Peoria, IL 61602  
[CatholicPeoria.com](http://CatholicPeoria.com)  
[soupkitchen2010@gmail.com](mailto:soupkitchen2010@gmail.com)

**Facebook:** [facebook.com/SophiasKitchen](https://facebook.com/SophiasKitchen)

Msgr. Stanley Deptula, Pastor  
Fr. Jim Pankiewicz, Chaplain  
Sr. Merlinda Marco, Spiritual Director  
Claire Crone, Program Director  
Courtney Curtis, Assistant Manager

## Mission

Under the direction of Sacred Heart Parish, 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. We provide a safe, clean, uplifting environment for our patrons in need of food and fellowship.

## How to Help

We have 250 dedicated volunteers serving, from 12-year-old schoolchildren to 90+ yr olds. Each volunteer brings unique talents and experiences to help our mission. They serve meals, wash dishes and help with food prep. Many color our lunch bags, bringing beauty to something as mundane as a brown paper bag, to uplift our patrons' spirits. We appreciate how each one keeps our facility sparkling and serve with such beautiful kindness.

Volunteers are always welcome and may apply at [CatholicPeoria.com](http://CatholicPeoria.com). Regular volunteers serve once a week for a four-hour shift, either morning or afternoon.