

Spring Issue 2023

Organic Soup Kitchen

WHAT'S COOKIN'?

Cancer Recovery Program's 10 Year Anniversary Festival

State Street was a blur of bright colors and bustling people, the flow of pedestrians moving between the tables of various businesses and nonprofits. Organic Soup Kitchen's banner draped over the middle of State Street, proudly announcing the 10 year anniversary of the organization's Cancer Recovery Program. Many local businesses came to support Organic Soup Kitchen's accomplishment, selling their food and wares beneath pop-up canopies. There was an air of cheer this Presidents' Day weekend as the community of Santa Barbara came together to celebrate and support this essential nonprofit.

"The festival was a huge success, we raised a lot of money and awareness for Organic Soup Kitchen," said volunteer Jamie Williams. The organization received over \$10,000 in profits and donations, which will be given directly to the Cancer Recovery Program. According to the Santa Barbara Independent, over 5,000 people visited the event throughout the weekend. Organic Soup Kitchen has already received over 50 inquiries about volunteer applications since the festival.

Organic Soup Kitchen has been serving the Santa Barbara community since 2009, providing nutritious food to low-income seniors and people suffering from serious illnesses. The Cancer Recovery Program expanded the organization's scope in 2013, assisting community members who are battling cancer. According to Santa Barbara Magazine, Organic Soup Kitchen has served over 1 million soup meals to the local community, and are continuously working to increase that number.

In order to successfully host this event, Organic Soup Kitchen partnered with many local businesses, including Kyle's Kitchen, Blender's in the Grass, Los Arroyos Downtown Mexican Restaurant, and more. With the support of these businesses, the festival had live music playing all three days and had an array of games and attractions for community members to enjoy.

One of the highlights of the event was Organic Soup Kitchen's table at the center of the festival. Visitors could sample and purchase the organization's nutritious and

delicious soups, as well as meet real volunteers and happy clients of the nonprofit. On Saturday, several community members took the stage to share their stories about how Organic Soup Kitchen's generosity changed their lives and supported them when they needed it most. In the last decade, the Cancer Recovery Program has helped over 6,000 people as they dealt with the hardships of cancer and chemotherapy. With the success of this festival, the Cancer Recovery Program has the resources to double that number by 2025!



Photo Credits: Organic Soup Kitchen



Cowgirl Chili



Tuscan White Bean & Kale

Anthony Carroccio: A Pillar of Our Kitchen

Anthony Carroccio, co-founder and executive director of Organic Soup Kitchen, is busy at work in the nonprofit's 2000 square foot industrial kitchen. Not only has he led this organization since its start in 2009, he is deeply involved with all aspects of it - including working with volunteers in the kitchen as early as 3AM. "We prep and cook everything out of one location," Carroccio says, "It takes a long time for one kitchen to make enough soup for everyone when we've got hundreds of clients".

He isn't afraid of hard work, though. Carroccio spends his days bouncing between the kitchen and his office, a delicate balance of soup prep, overseeing volunteer training, leading community outreach, dealing with mountains of paperwork, and more. However, Carroccio says that his long days of work are definitely worth it. "Lots of my family members have dealt with heart diseases, chronic illnesses, and debilitating diseases," Carroccio says, "This is why I founded Organic Soup Kitchen, to help those who aren't lucky enough to have a strong support system like they did."

Organic Soup Kitchen delivers meals to people battling cancer, people suffering from chronic illnesses, and low-income seniors - for all of whom nutrition is most vital, but on their own are not getting the vitamins and minerals they need. "These are important people in our community," he says, "our school teachers and grocery clerks and cross guards, who have worked hard and now need our support". For many of these clients, the soup delivery is the only human interaction they receive each week. "Through our weekly check-ins, we break the cycle of social isolation by providing empathy, a shoulder to lean on, and nutrient-dense Soup Meals," Carroccio explains.

Organic Soup Kitchen is doing a lot of good work right now, but Carroccio also keeps an eye to the future. While the nonprofit is currently making 1,400 bowls of soup per week, he wants to double that number by 2025. Carroccio dreams of expanding the nonprofit to different locations so they can help more people in the Santa Barbara community and beyond. "The goal we're working on right now is to have various distribution centers", Carroccio says, "My dream is to have other locations up and down the southern coast".



Credit: Paul Wellman

"These are important people in our community... who have worked hard and now need our support"





Coconut Curry Lentil Soup
Credit: Organic Soup Kitchen

2nd Annual Organic Soup Kitchen Soirée

The 2nd Annual Organic Soup Kitchen Soirée will be held on the evening of March 20, 2023 to raise funds to establish a new kitchen location in Ventura! The Soirée will take place at Hotel Santa Barbara and will include dinner and a charity auction. Those in attendance will have the opportunity to sample several of our premium soups, including Coconut Curry Lentil, Tuscan White Bean & Kale, and Italian Beef Stew!

Last year, 500 people attended the Soirée and helped Organic Soup Kitchen raise \$5000 to upgrade kitchen equipment, which doubled the amount of soup produced per week. The guests had a fantastic time, dressed up in formal wear and tasting our delicious soups, all while supporting our organization's work! The charity auction was also a hit, and this year's auction has some exciting new prizes, including a collection of organic spices and a brand new stand mixer.

This year, Organic Soup Kitchen hopes to raise \$7500 in order to purchase and furnish a new kitchen location in Ventura!

To attend this event, guests may sign up on Organic Soup Kitchen's website. There is a \$50 entrance fee. The event will open at 5PM, and the charity auction will begin at 8PM.

Top 5 Faves

Organic Soup Kitchen serves many nourishing award-winning soups. Although our main goal is to provide delicious soups to those in need, we do also sell some of our soups on our website! The profits of soup sales go directly towards supporting our clients who cannot afford the nutritious food they need. You can purchase our soup at shoporganicsoups.com/collections/soups.

From a customer survey in 2022, here are Organic Soup Kitchen's top 5 soups!

- 1. Coconut Curry Lentil:** The bright and savory flavor of curry is the perfect complement to deep, earthy lentils and delicious shiitake mushrooms.
- 2. Cowgirl Chili:** A heart-healthy mix of five beans, greens, and colorful vegetables simmered in a classic savory tomato and coconut cream base.
- 3. Traditional Turkey Soup:** Tender turkey meat and a medley of seasonal vegetables, fresh herbs, and spices combine for an immune-boosting bowl of soup just like Grandma used to make.
- 4. Rustic Split Pea:** Organic split peas are accompanied by a plethora of fresh vegetables, spices, and herbs and simmered in a rich and creamy broth.
- 5. Tuscan White Bean & Kale:** A Tuscan-style soup brimming with Northern white beans, vegetables, farm-picked kale, and fresh herbs and spices.



Rustic Split Pea Soup
Credit: Organic Soup Kitchen

A New Soup-er Addition

Organic Soup Kitchen's delicious and diverse menu is welcoming a new member: the Fantastic Five Bean Soup! This hearty meal provides the nutrients and minerals of five different beans and a variety of veggies. It includes lima beans, great northern beans, kidney beans, pinto beans and split peas, with added flavor from minced chives, stewed tomatoes, fresh parsley, and chopped mushrooms.

Like with all of our soups, the ingredients are organic and locally grown. The recipe and mass production methods were perfected by Chef Nancy Strandberg, a member of Organic Soup Kitchen's leadership team. "I wanted to add another non-meat option to our menu that provides lots of protein", Standberg says, "Our clients need lots of protein to keep their health up, and I wanted to ensure that those who do not eat meat could still get the necessary vitamins and minerals from a variety of options". Now there are twelve non-meat options on our menu for customers to enjoy!

The Fantastic Five Bean Soup will be launched on March 11, so mark your calendars to try our newest delicious meal!



Fantastic Five Bean Soup
Credit: Harald Walker

Upcoming Events

2nd Annual Organic Soup Kitchen Soirée

March 20

See the previous page for more information.

Organic Soup Kitchen Tour

March 31

We invite our neighbors to come visit the Organic Soup Kitchen location in Santa Barbara and tour our kitchen! Volunteers will lead you through our production process and show how we produce high-quality meals. During the tour, you will also have the chance to sample several of our soups. Visitors can register for this event on our website.

Let's Talk: Nutrition Livestream

April 15

Jennifer Hyle Hale, our Development and Communications Director, will host a livestream on Saturday, April 15 from 2-4PM discussing the benefits of our organic nutrient-dense soups. Jennifer will also be discussing how we carefully formulate recipes and use certain preparation techniques to maximize the amount of vitamins and minerals in our meals. The link to the livestream, as well as recordings of previous livestreams, can be found on our website.

Friendship Manor Luncheon

May 20

Organic Soup Kitchen is dedicated to supporting many of our neighbors, including low income seniors. On June 10, we will be sharing our nutritious meals with the residents of Friendship Manor Retirement Community at a luncheon located at the retirement home. Everyone is welcome to attend this event, which will run from 11AM-3PM. Our oldest neighbors have worked for decades to support our community, and now it is time for our community to support them!