

MEMBER SPOTLIGHT

Food-4-tha-Soul

Food-4-tha-Soul is a Mobile Food Truck located in Arnaud's Food Park at 2615 Montgomery Rd., Huntsville, TX. Owner LaTanya Lewis shared, "Our specialty is Southern Cuisine-flavorful, cooking and baking with a sincere passion and love for others. I bring recipes handed down through my family back to life and intertwine them with my own culinary creations with an emphasis on providing healthy and nutritious options for families to enjoy together at the park instead of typical fast-food."

What are some of your favorites? "Our customers look forward to weekly "Wednesday Wings," as I regularly incorporate new dishes and desserts including Baby Back Mac n Cheese, Oxtails, and Teacakes. To me, soul food is made to be enjoyed fresh with the company of family and friends rather than reheated at home, reminiscent to my family's meals shared after church on Sundays while growing up."

What made you decide to open a food truck? "With community in the forefront of my mind, I was inspired and stepped out on faith to leave behind a 27-year career in the medical field to fulfill my life-long dream of serving up southern cuisine at the intersection of spiritual food and soul food...Heavily influenced by the church, African American heritage and my family, my cooking is reminiscent of the past and brings people together to build bonds over the table. Southern Cuisine has become the fabric of my soul: deeply rooted with my fondest childhood memories of family, church and community-all being the core of my heart and soul. Thus, it was placed in my Spirit to start up "Food-4-tha-Soul."

Where did the name come from? "Spiritual Food and Soul Food are connected. What is the food? What does the bible say about food for the soul? In Matthew 4:4 (NIV) Jesus answered, "It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God." Therefore the bible clearly tells us that God's Word is Food for the Soul. If you need to grow spiritually, you need to know and receive the Word of God. Without God's Word we are lost, we are weak vessels which can be shaken anytime by the devil. It is my fervent hope that all families, churches and communities remember the fond, basic principles from our childhood years (love, family, church and community) and we remain connected with a constant reminder every time you pass by and come by to eat at "FOOD-4-tha-Soul."

Why did you join the chamber? "It is important for me to be a Chamber Member to connect with and support other businesses/ owners in the community, foster new entrepreneurs and to serve those not only within the Huntsville community but also the surrounding areas."

Tell us a little about your background. "My mother was and still is an amazing cook and baker. My father continues to this day to produce a flourishing garden where I remember anyone could always come by even if he or we were not at home to fill their bags with fruits and vegetables. My mother would pull a chair next to her and the counter in the kitchen while she would prepare food. Often times, she would be baking tea cakes, homemade cakes and pies for us, church member(s) or someone/neighbor in the community. Thank you Mama for your patience and teaching me how to cook

and bake with love and without using recipes! During my high school years, I took FHA, entered culinary competitions and won several distinguished awards. In my early teenage years, I began learning the true meaning of Southern Cuisine-flavorful, cooking and baking with a sincere passion and love for others. It became my personal expression of love for my family, friends and community...With cooking good 'ole soul food-a natural conversation starter!"

"FOOD-4-tha-Soul" ...A place where all can come to fellowship and experience my fondest childhood memories of love, family, church and community through Southern hospitality while enjoying Southern Cuisine."