CLONDALKIN CARES FOOD BANK NEWSLETTER MAY 2021

Welcome to the first Newsletter from Clondalkin Cares Food Bank!

As it was fruit and veg week we thought recipes for a warming veggie soup and a yummy fruit crumble would fit right in! This week we also highlight one of our supporters, the Red Cross. There is a new exciting art competition from Clondalkin Cares we hope some of you will participate in. And last, we have a message from one of our food bank participants sharing their reasons for accessing the food bank.

Very Easy Yummy Fruit Crumble with Oats, 4-6 portions

Switch the oven to 220 C and grease an oven-proof dish. Cut up 5 dl fruit or use berries, and spread evenly in the dish. Mix and match what you like and what is available, e.g. apples and blackberries, rhubarb and raspberries, or pears and plums. Mix 3 tbsp sugar with 1 tbsp plain flour and sprinkle over the fruit/berries. You can add e.g. 1 tsp ground cinnamon or ground cardamom to the mix, (cinnamon works well with apples, cardamom is lovely with pears). Mix 1 dl porridge oats, 1 dl plain flour and 1 tbsp sugar. Add 100 g cold butter cut into small cubes. Rub the mixture between finger tips until crumbly. For extra crunch add a small handful of chopped nuts. Spread crumble over the fruit/berries and bake for 30 mins. Cover with tin foil if it looks like the crumble might burn. Enjoy on its own, hot or cold, or with ice-cream, cream or custard!

Warming Vegetable Soup, 6 portions (We might be in May but it is still weather for soup sometimes!)

Cut up vegetables, including 2 potatoes, into big chunks until you have 1 litre. Cut one onion finely. Boil all in a big pot with water until soft. Pour off the water and use a potato masher or ricer to make a smooth puree. Dissolve a stock cube, chicken or vegetable, in 1 l hot water. Add the stock gradually to the puree until desired thickness. Add water or milk if too thick, add more potatoes if too thin. Salt and pepper to taste. To add more flavour garlic or chili can be used. For tomatoes, (tinned is fine), oregano adds an Italian twist. Cumin works well with carrots, as does some finely grated orange peel. Use what you like and what you think will work! To add protein use pees, tinned beans or lentils, or grated cheese, or use up Sunday's ham or chicken by cutting into small cubes and adding before serving. The soup can be frozen in individual portions in tubs or bags. Defrost in the fridge for 24 hours, then heat thoroughly in a pot on the stove or in the microwave. Add a swirl of cream and some fresh parsley, coriander or chives when serving to make it really luxurious. With a slice of brown bread this is as good as any dinner! (If you have a blender, boil the vegetables directly with the stock and blend when soft.)

To contact Clondalkin Cares Food Bank,
please email manager@quarryvalefrc.ie or call 085 202 0300 during normal office hours.
You can also read all about us on Facebook:
https://www.facebook.com/Clondalkin-Cares-Food-Bank-101084335368561

Irish Red Cross Tallaght Supporting Clondalkin Cares Food Bank

The Irish Red Cross through its Tallaght branch has supported our food bank for a while now. We are so grateful for this help, which has included food, baby items, hygiene articles and cleaning products, and even some chocolate treats.

To our friends in the Red Cross; a huge thank you!

We couldn't do it without you!

How to Support Clondalkin Cares Food Bank

At the moment we support 90+ households with over 350 people in total. Food items, non-perishable, in unbroken and undamaged packaging, and with a Best Before Date of at least one month away can be left at:

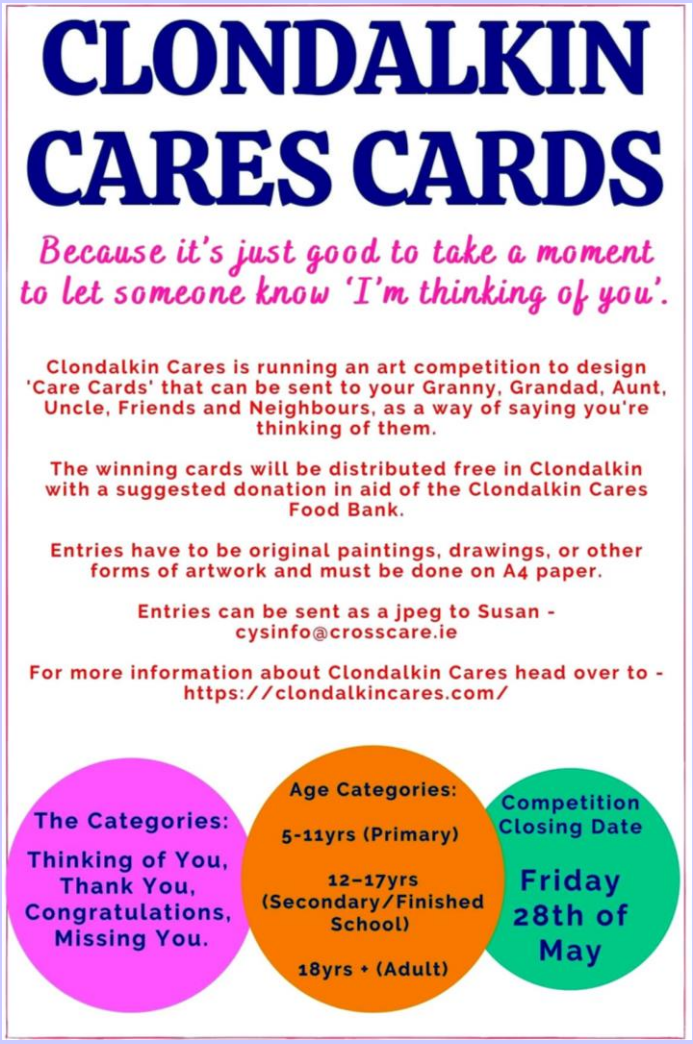
- **Clondalkin Parish Office** **Mondays-Wednesdays** **10 a.m.-3.30 p.m.**
- **Neilstown Church** **Mondays-Wednesdays** **10 a.m.-3.30 p.m.**
- **Quarryvale Comm. & Youth Centre** **Tuesdays** **10 a.m.-12 noon**
- **Quarryvale FRC** **Mondays-Fridays** **10 a.m.-12 noon**
- **Ronanstown Youth Service** **Tuesdays** **10 a.m.-12 noon**

If you would like to donate money, please use our Go Fund Me page:
https://www.gofundme.com/f/please-help-our-food-bank

Message from a Food Bank Participant

"My wife and I are in our 50s. I am a full-time carer for my wife. The reason I asked for help is because after a year of trying to keep her safe and well I am now finding it hard to cope and I find myself under severe pressures. I gave up my job and life to be my wife's carer. This was never a problem until this week. I am finding it harder and harder to live on the less than €270 we get per week. We still have a mortgage to pay.

I would like to take this opportunity to thank you all so much for the food that we receive from you. In the last two weeks we had a little extra to top-up our gas meaning I can leave the heating on longer at night for my wife so she is warm and a lot happier and calmer. It's the small things that make life for me easier, something that this or any government would not think of. I and others like me have been forgotten during this pandemic. So from deep within myself I would like to thank you again so much."

Thank you for allowing us to share this in our newsletter. We have nothing to add; your words say it all.

Card Competition!