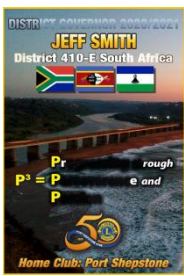


DISTRICT NEWSLETTER FOR DG JEFF SMITH. ISSUE NO. 1 JULY 2020.



Progressing through Perseverance and Passion

1



A Message from the desk of DG Jeff Smith;

Greetings to all my Fellow Lions of District 410E -

We have just entered another Lionistic year as of today, and into the second year as District 410 E. I would firstly like to congratulate **PDG Alistair** who took on the task of taking us through the first year, and what a year it has been. He has been exemplary and as the pioneer of the New District 410E, we could not have asked for a better person to have done this. Well done AI!

This year will also have its challenges, as we have known from history, but we are starting it today and we will finish even stronger in the year ahead.

When I was inducted into **The Lions Club of Port Shepstone** in June 2012 I became convinced that Lions are a special bunch of people, people that do extraordinary things. I joined a group of people that not only Serve the Community out there, but have now become great friends.

I would like to congratulate each person that has taken up Club Officer positions and Club President positions within your Clubs, thank you for being there in support of your members and to guide them during the next year. Whilst membership growth is important, it is vital to ensure that Members remain happy and energised. Happy members, happy Clubs and happy Communities.

To all the persons that make up the **410 E Cabinet** for 2020-2021, thank you for your time and support that you have offered in guiding the District through the next year. I am a firm believer of surrounding myself with positive people and I am convinced that that part of it is done. My theme for the year is simple. ***P3 (P cubed) Progressing through Perseverance and Passion***

We will get through this year, achieve what goals we have set, despite any difficulties that are placed ahead of us through our dedication to Lions Clubs International. My banner shows the bridge crossing the Umzimkulu River in Port Shepstone KZN, my home Club. Symbolic to me as this is the structure that is used to overcome an obstacle, the same with we as Lions that are there to assist our Community wherever a need arises.

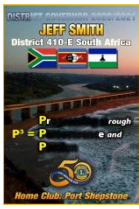
In closing, I would like each of us to take a minute and remember the reason why we joined this incredible Organisation. It is as our motto proudly says, ***WE SERVE***. As long as we are out there serving our community with pride, our job is done. I look forward to meeting with as many people as I possibly can throughout the coming year, COVID-19 permitting, so please stay safe and take care.

Thank you.

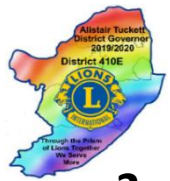
Yours in Lionism

Jeff Smith District Governor 2020-2021.





DISTRICT NEWSLETTER FOR DG JEFF SMITH.



“Progressing through Perseverance and Passion”

A Message from our Council Chairman, Herman Smit.



Multiple District 410 Council Chairperson 2020 - 2021 Herman Smit
Creating Positive Change by Serving Others

--- oOo ---

Dear Fellow Lions,

While I am sitting here thinking of what I need to write this morning and reflecting on the year gone by with all its ups and downs and this whole Covid 19 pandemic, the numbers growing rapidly and wondering what will our world look like in another 12 months time, I am just amazed at how adaptable we are.

And when I look at the changes that are happening within our organisation to meet the need to adapt it is just mind boggling. All these changes resulted in our first virtual convention that took place on Saturday. What a great success and I would like to congratulate **PCC Jacqui, PDG Bennie, PDG Alistair and the rest of the team** on doing a fantastic job, not only with the convention but with their whole year in office leading us through all these changes.

With Covid 19 and all the challenges associated with it, the need in our communities is just getting bigger and bigger and as Lions, we will need to prepare ourselves for our communities needing our service even more.

In the light of this, discussions with our **District Governors Pieter and Jeff** have identified three focus areas we will need to look at as Lions:

1. How do we support and serve our own members that are struggling in these difficult times to be able to remain Lions and keep on serving, because without members we cannot serve at the level that is needed now?
2. How do we assess the current and immediate needs in our communities and how can we partner with the right people to address these needs on a long term sustainable way?
3. How do we as leaders, and each person that calls themselves a Lion is a leader in their own right, get involved on local level to share our knowledge and wisdom with the other leaders in our communities to get our country up and running again?

From Council, I would like to congratulate each and every **President** of every club on your appointment as President. You are the backbone of our organisation and I thank you for the positive change you are willing to make. I would also like to thank each and **every member** for serving your community and for the work you will be doing this coming year.

I wish you all the best for the year and let us all be the change we would like to see.

Herman



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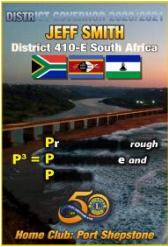
CENTURION LIFESTYLE LIONS CLUB



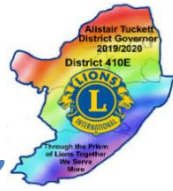
3

Centurion Lifestyle has recently achieved 250 food parcels which has helped feed roughly 1750 needy mouths. **(1)** Last week **Lions Louise and Jannie Coetzee** with the support of other Lions distributed hot soup and dry soup mix to the local refuse collectors doing their rounds in the Clubview area. Other Lions will soon extend this early morning initiative into their own neighbourhoods.

As part of our **(2) Mandela Day** efforts we reconnected with the **Doves Nest Children's Home in Lyttelton**. A few years ago we insulated their staff quarters. This year we handed over the first of two donations made up of baby formula, nappies and wipes for the 7 babies that are resident there. **(3)** Following the handover **Lions members and Isilda, the "mother" of the Doves Nest** home enjoyed a good chat and hot chocolate on the sidewalk. Our support will likely grow to include sanitary wear for the adult girls. We will also help to make each resident's birthday a bit more special with a special present from our Lions.



DISTRICT NEWSLETTER FOR DG JEFF SMITH.



“Progressing through Perseverance and Passion”

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PORT SHEPSTONE LIONS CLUB.

On Monday 20th July members of the **Port Shepstone Lions** visited **South Coast Hospice** in Port Shepstone and handed over 60 blankets which were donated to the Club’s ongoing Blanket Drive by the Gift of the Givers Foundation. South Coast Hospice will ensure that the blankets are provided to needy families within our community.

The Port Shepstone Lions Blanket Drive project will continue until the end of August. Blanket donations can be dropped off at The Costume Shop in Umtentweni, Engen Garage, Oribi Plaza or at South Coast Hospice. Donations towards the purchase of blankets are also very welcome and can be made to the following account:

LIONS CLUB OF PORT SHEPSTONE,
FIRST NATIONAL BANK,
ACCOUNT NUMBER 62017769342,
BANKING CODE: 220-228, Reference: Blanket Drive.

(Right) Pictured during the handover are (L-R) Joyce Mbuli (SC Hospice), Jean Masson (Gift Of The Givers volunteer and Lions member), Lion Lady Lyn Curnow, Lion Richard Borradaile, Lion Lady Jane Massey and South Coast Hospice staff, Sihle Mqotyana, Silindile Cele and Sister Dina Thorncroft.



JARS OF HOPE

Your donation can provide 4 people with a healthy warm meal. Help the Lions Club of Cowies Hill ... only R19 per jar. Easy and convenient.



Your donation can be paid to
BANK: NEDBANK ACCOUNT NO: 1338013955
ACCOUNT NAME: LIONS CLUB OF COWIES HILL
100% of donated funds are used for our Projects



(right) JARS OF HOPE – LIONS CLUB OF COWIES HILL

We tried to think of a way to boost our projects fund, so we could continue to feed the hungry in our community and came up with our **Jars of Hope project/fundraiser**. So we put the following advert on our Social Media pages and had an amazing result, with donations of + R 6000 as well as donations of jars. We then purchased the ingredients and started making up the Jars. We then decided to make up some in plastic bags as this is easier for handing out in bulk. When we hand these out we also give them a box of soya mince and have also given fresh vegetables and long life milk.



New home for Lions Club

Monument — The Lions Club of Krugersdorp has been part of the town for 58 years, helping where they can, building up the youth and growing the community. Recently, the Lions moved from their long-time home at the Krugersdorp Bowling Club to build their nest at the Khosa Club in Monument.

Ivan du Plooy, a Past District Governor, who has been a member since 1973, is also a member of the Khosa Club. He was instrumental in the transitional period when the Union Club closed at Khosa, and he negotiated the Lions’ move to their new space on the Khosa grounds.

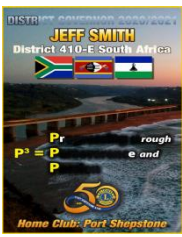
Earlier this year, the Lions Club of Krugersdorp held its inaugural meeting in the new building, to which member heads of other clubs within the district had also been invited.

The Lions have regular fundraisers to give back to the community, and help those in need. Some of their projects include food collections, dance classes and a night race for the physically impaired, a spring concert for old age homes, TB ward assistance and a toy teddy bear project for children caught up in legal proceedings.

Currently they have 34 members, but hope to grow as much as possible in the future, enabling them to help more people.

LIONS CLUB OF KRUGERSDORP

(Left;) Editor; Apologies for the quality of the article/ photo; as you can probably see, it is a cutting from a Newspaper.



DISTRICT NEWSLETTER FOR DG JEFF SMITH.



“Progressing through Perseverance and Passion”

ALBERTON LIONS CLUB.

Increased service through networking, **Alberton Lions** working with **Rotary** who provided us with a much needed wheelchair for a resident in a retirement village in the South of JHB, **Lion Jiri and Lion Tinus** making life a little easier and networking made it possible.



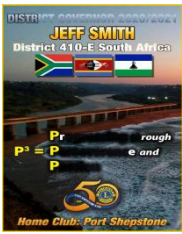
"Increased service through networking"



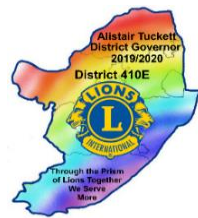
The Alberton Lions participated in 3 projects for **Mandela day** on the 18th July, 16 members and 3 prospective lions took part, 102 food parcels were packed with food sponsored by the Alberto Lions, which took just on 67 minutes. It was great for the members to be part of this amazing project. All precautions were in place and social distancing was adhered to. Networking with the **1st Brackenrust Scouts** they sponsored and donated 104 Jars of hope to us to distribute to our current beneficiaries. We also received a maternity pack and baby goods to be delivered to a new mom who was in need.

"Increased service through networking"





DISTRICT NEWSLETTER FOR DG JEFF SMITH.



“Progressing through Perseverance and Passion”

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EAST COAST LIONS CLUB.

Image 1

Over the last three months, our world changed forever with Covid-19. This pandemic has left many people destitute and in need of basic essential items such as food and toiletries.

East Coast Lions identified this need and could not resist the opportunity to partner with **East Coast Radio** for our biggest project to date: "East Coast Lions gives back".

Over the 17 and 18 June 2020, East Coast Lions was able to donate a total of R100 000 -00 to eight deserving organizations. These donations were made live on East Coast Radio and allowed these chosen organizations more media coverage and exposure to their cause.

Each organization received R12500 towards fighting hunger in our province of KwaZulu Natal.

These organizations are currently all involved in providing food hampers or a hot meal to those in need around Durban and surrounding areas.

The organizations included

Aryan Benevolent Home

Tongaat Child Welfare

Widowed and Single Parents NPO

Epic Youth Matters

Cheshire Homes

Daughters of Africa

Reservoir Hills Sports Club

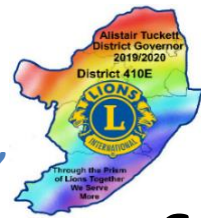
Verulam Child Welfare

Each organization was extremely grateful for this donation and is now able to assist even more people in the Durban and surrounding areas.

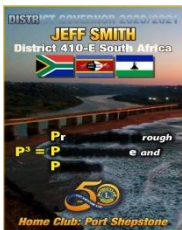
Image 2

The **Jes Foord Foundation** is doing great work assisting women and children who have been sexually abused. They provide trauma counselling and as well as rape comfort bags during this traumatic period in a women's or child's life. **East Coast Lions** was able to assist with their recent plea for help. **Lion Prakash** and **Lion Sherrel Harikishun** generously donated 100 coloring books and 120 A5 hard cover books. East Coast Lions donated an amount of R8000 which will assist the Jes Foord Foundation to purchase other much needed items needed for these comfort bags

DISTRICT NEWSLETTER FOR DG JEFF SMITH.



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“Progressing through Perseverance and Passion”

EAST COAST LIONS CONTINUED.....

Image 3.

Whilst in lockdown some of our members were able to gather pre loved items which they no longer require. The items gathered included crockery, cutlery as well as twelve boxes of clothing. **President Perry Chetty, Past President Kantha Chetty and Lions Ronald Pillay and Pat Moonsamy** were welcomed by Managing Director Terry Rennie of St Giles. The Lions were treated to a tour of the facility.

Image 4

With the start of a new lionistic year and induction of **club President Reg Ellaya**. Our first online induction was a huge success thanks to **Project Leader Lion Rajan Naidoo and his team** for a well organized event and to our members who attended in style. **Lion of the year went to Lion Priya Pillay**. Congratulations on this sterling achievement.

Image 5

Lions Rajan and Thevi Naidoo have generously donated face masks to **Choc House**. As part of ECL hunger relief project, Choc House has also received R10 000 , much needed funds in light of limits placed on usual fundraising efforts.

Image 6

The objective of the **bread project** is to alleviate hunger in the most vulnerable people bearing the impact of Covid 19. **East Coast Lions** has a partnership with **Premier Foods (FMCG) BB Bakery**. We receive bread on a daily basis. ECL have further partnered with 7 other NPOs to assist with the distribution of bread. The bread is sent to rural and informal settlements. Shelters for the homeless, soup kitchens, orphanages, old age homes, palliative care centres, refugees, safe homes, and wherever the need arises.



IMAGE 1



IMAGE 2

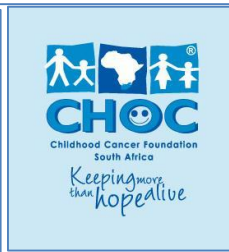


IMAGE 3



IMAGE 4

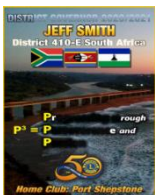


IMAGE 5



IMAGE 6





DISTRICT NEWSLETTER FOR DG JEFF SMITH.



“Progressing through Perseverance and Passion”



COWIES HILL LIONS CLUB; Knitting project.

For years we have had knitters (ladies from the retirement villages) who have been knitting fingerless mittens which are put into gift boxes for sailors. Over the last year we have received donations of wool that will not be good for mittens so the ladies have started knitting beanies and jerseys for children. We received boxes of them during this month. 104 pairs of mittens which were handed to the Seafarers mission and the jerseys and beanies to a squatter camp. A huge big **thank you to our knitters.** (in the photograph is **Lion Elaine, who runs the project.**)

Cowies Hill Lions Club; Hearing aid hand over. (Right)

We are fortunate that we receive donations of hearing aids from the public and the last pair we handed over to this young man of 29 who was unable to work because of his hearing problem.

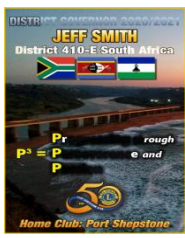


HENLEY ON KLIP LIONS CLUB; At the **Lions/SANBS blood drive** held at the O'Connor Hall on Thursday 9th July 2020 Mr. **Graham Hughes** reached a milestone in donating his 100th pint of blood. Graham joins a few other dedicated donors in Henley on Klip who have achieved this milestone and is recognised for his willingness to, literally, give of himself towards his fellow man (generic).

The SANBS/Lions Blood Drive is back on schedule and SANBS are attending to the sanitation and medical security at the O'Connor Hall with the Henley on Klip Lions Club willingly supporting the endeavour to harvest much needed blood at this critical time.

The next scheduled “bleed” at the O'Connor Hall is for 3rd September 2020.





DISTRICT NEWSLETTER FOR DG JEFF SMITH.



“Progressing through Perseverance and Passion”



Since Lockdown began due to the Covid-19 pandemic the **Henley on Klip Lions Club** have been giving out food parcels to Henley and the surrounding area’s residents who have had no food and have been placed in a desperate position; some of whom had not eaten or been able to feed their children for several days. One desperate plea was couched in the words “Please help me I am dying from starvation”.

Unfortunately, the Lions Club IS not in a position of infinite resources and when they had given out the last of their food supplies, after much debate, an appeal for donations was put on a local Facebook page. It was hoped that the community would be able to contribute in some small way, considering the difficulties and hardship that we are all experiencing, but the overwhelming generosity of **the Henley on Klip community** has enabled the club to purchase seventy one food parcels to enable them to continue with this much needed relief amongst all other relief programmes that are taking place in our community – **THANK YOU HENLEY ON KLIP and the Lions and Lions Friends** who were able to assist in the purchase and packing of the parcels



You can make these up!
1 packet feeds 4 people

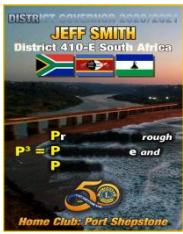
- ½ cup of rice
- ½ cup of soup mix or split peas
- ½ cup of lentils
- 1 stock cube (please unwrap & pop in packet)
- 1 sachet of soup powder

Place instructions in small zip lock packet and seal it tightly!

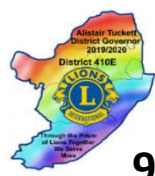
INSTRUCTIONS: Bring 2.5 litres of water to boil. Add contents of packet. Boil for 35-40 minutes. Keep stirring. Serve and enjoy!

Krugersdorp Lions got together to pack rice meals which **Elsie** (a humanitarian in Krugersdorp) takes out to pensioners and struggling families in her community in **Muldersdrift**. The club also kept some packages for regular calls they get for food parcels. They packed 60 bags which will feed just under 300 people. **Elsie** reported that the people she gives the meals to say it is a luxury meal for them.





DISTRICT NEWSLETTER FOR DG JEFF SMITH.



“Progressing through Perseverance and Passion”

Prepared by District Chair: Carol Browne Registered Nutritionist South Africa Hunger Alleviation District 410E

DRY BEANS AND HOW TO PREPARE THEM.

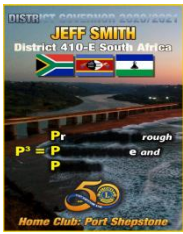
Dry beans are a nutritious and economical food group, that are always good to include in an eating plan. At present times they are often used for soup kitchens, food parcels etc. because they are economical and have a long shelf life.

Cooking dry beans from scratch is more economical than using the canned varieties. **Canned beans can be as much as 5 – 10 times more expensive than dry.** Many people avoid dry beans as they do not know how to cook them, or because they can take a long time to cook. Here is information to how overcome this perceived negative of this important food group. **Cooking dry beans** (info from GI news newsletter) The soaking step in this process has two functions, one is to speed the cooking time. **The second is that during soaking one type of starch found in the beans dissolves into the soaking water** and is then discarded when the soaking water is discarded. This starch is one that the body is not able to digest; it is fermented in the large bowel and gas is released. Planning the use of beans to allow for soaking time is therefore worth the effort.

Cooking dry beans

1. Rinse and sort the beans, discard any that are discoloured or shrivelled.
2. Soak the beans in a bowl of room temperature water. They will double or triple in size, so use a container that is large enough and add plenty of water. Allow them to soak overnight or for 8 hours.
3. Discard the soaking water and rinse the beans in fresh water. Some water soluble vitamins are lost during this process, but the benefits outweigh this negative. Cold water starts, but does not complete the rehydration process, the beans may look wrinkled after soaking, they will fully hydrate during cooking.
4. Place the beans in a pot large enough to allow for them to increase in size a bit more. Cover with fresh water and bring to the boil.
5. Allow to boil gently to prevent the skins splitting. After 10 – 20 minutes you have the option of moving the pot to an insulated storage container, such as a wonder bag or hay box. (See information in the box below).
6. Add warm water periodically to keep the beans covered.
7. Stir occasionally to prevent sticking.
8. They are cooked when they are tender, but not mushy.
9. Drain immediately when they are cooked.
10. Only add the seasoning at the end of cooking. Acidic ingredients such as lemon juice, vinegar and tomatoes and salty seasoning such as salt or stock cubes prevent the beans softening.

Saving energy by using an insulated container. A commercially marketed wonder bag can be used, but a homemade container does the job. Get a box that is a bit bigger than your pot. Line it with insulation material such as old towels or blankets, hay or rolled up balls of newspaper. The pot sides must be covered by insulation material to prevent heat from the pot being lost to the air. Allow the beans to boil gently, as in step 5, 10 minutes for smaller ones up to 20 for larger beans. Place the lid on the pot for the last few minutes before moving to the insulated container to trap the steam from the cooking. Leave for at least 6 hours, then return to the stove and cook until done. The overall cooking time will be much reduced. Continue from step 6/7.



DISTRICT NEWSLETTER FOR DG JEFF SMITH.



“Progressing through Perseverance and Passion”

The Lions Club of Wilro Park popped into **CANSA West Rand** with 24 more Comfort Kits for Kids with Cancer as part of our **Paediatric Cancer Projects**. The bags are filled with toiletries - Facecloth, soap, toothbrush & toothpaste, aqueous cream and lipbalm as well as a beanie and scarf, a facemask, a gift and book or a Poetry Book for the older children and a small blanket to add comfort, all gifted with love from our members, family and friends.

CANSA West Rand told us that they have 23 new brave little patients with Cancer since the start of Lockdown.

(Ed’s note; Apologies to Wilro Park Lions for lack of photos; they somehow got lost in translation!)

Hi Everyone; just a reminder from **DC Sandy van Heerden** to please remember to swipe your **Woolworths Rewards Card** at every opportunity please. If you haven’t yet had the chance to join this venture, please contact DC Sandy and she will help you to join. We can really make a difference with this initiative with very little effort on our part.

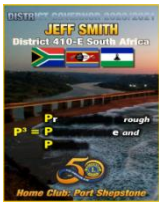


CARE. LOVE. PROTECT
AND MAKE EVERY SWIPE COUNT

*Calling all LIONS CLUBS -
Hear Ye, Hear Ye!
Please read the information
below:*



There is still time for your Club to enter **the PEACE POSTER & ESSAY CONTEST!** Never has it been more important to promote Peace through Service especially through the eyes of our children! Please consider running your own Peace Poster or Essay Contest perhaps not through the schools this year but through social media – use your imagination and your Club Facebook page to promote Peace through Service! Children love to see their work on Facebook so Think out of the Box and make a difference! Share your ideas with us and of course any Peace Posters that are entered.
Please contact DC Sandy for more information.



DISTRICT NEWSLETTER FOR DG JEFF SMITH.



“Progressing through Perseverance and Passion”

HELDERKRUIJN LIONS CLUB

INDUCTION OF LPE GLYNN AS LP OF HELDERKRUIJN LIONS 2020/2021



INDUCTION OF NEW LION GAIL TAYLOR.



CLUB AWARDS GIVEN TO DESERVING MEMBERS.



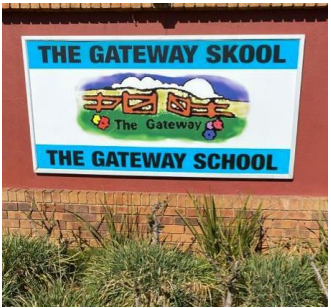
LPE Glynn receives the coveted Lion Of The Year award from LP Karl

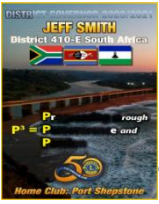
Helderkruijn Lions with Frans from the 9th Day Kennels with the 320kgs of dog food plus blankets that they donated to the value of R5000.



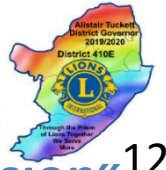
HELDERKRUIJN LIONS DID A DROP OFF OF MUCH-NEEDED FOOD AT THE LAERSKOOL FONTAINEBLEAU RECENTLY. THEY WERE TOLD OF A NUMBER OF VERY NEEDY FAMILIES AMONG THE STUDENTS.

HELDERKRUIJN LIONS RECENTLY RECEIVED A LARGE QUANTITY OF EXERCISE EQUIPMENT FOR UPPER-BODY DISABLED PEOPLE. THE HAPPY RECIPIENTS OF SOME OF THEM WAS **THE GATEWAY HOME FOR THE DISABLED**. SOME WERE MOUNTED ON TABLES AND OTHERS (FOR SPECIFIC USE BY THOSE IN WHEELCHAIRS) WERE ATTACHED TO THE WALLS OF THE EXERCISE ROOM.





DISTRICT NEWSLETTER FOR DG JEFF SMITH.



"Progressing through Perseverance and Passion" 12

ROODEPOORT HOST LIONS.

Roodepoort Host Club's project to ensure that kids of a safety house have something special for their birthdays.



RUSTENBURG LIONS CLUB

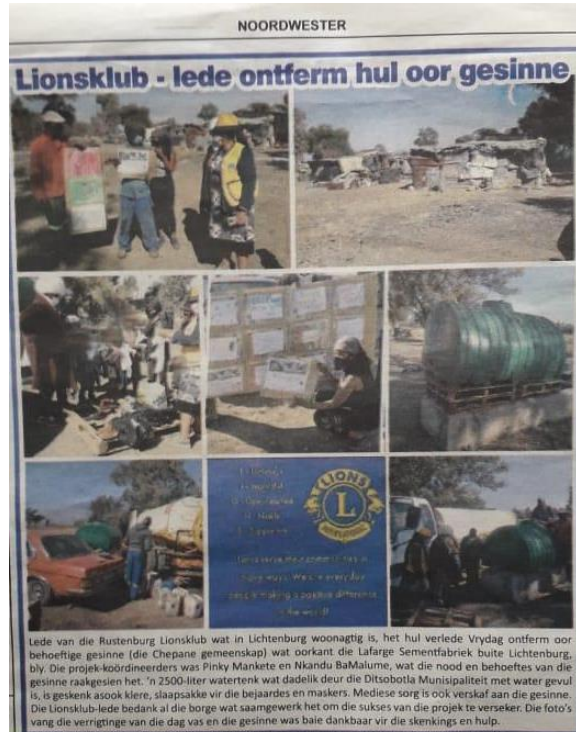
OUR NEWEST MEMBER MS PINKY SEROBATSE WAS INDUCTED ON 15 JULY 2020 BY LION CLIVE RICHTER; SEEN HERE WITH HER SPONSOR, LION NKANDU CHAPESHAMANO.



INC. LP. HERMAN OOSTHUIZEN BEING INDUCTED BY DC TOM ENGELA WITH IPP YVONNE RICHTER STANDING BY.



Together with **AFRIFORUM**, we donated 120 blankets to the value of R10 000 to needy Communities in and around Rustenburg. **IPP YVONNE RICHTER** (2ND from right) and **LION CLIVE RICHTER** (far right) with the **AFRIFORUM REPRESENTATIVES**.

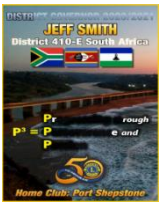


LION PINKY SEROBATSE RECEIVES SOME OF THE DONATIONS THAT WERE HANDED OUT ON 28TH JUNE.



LION JACQUES WESSELS was honoured as Lion of the Year.





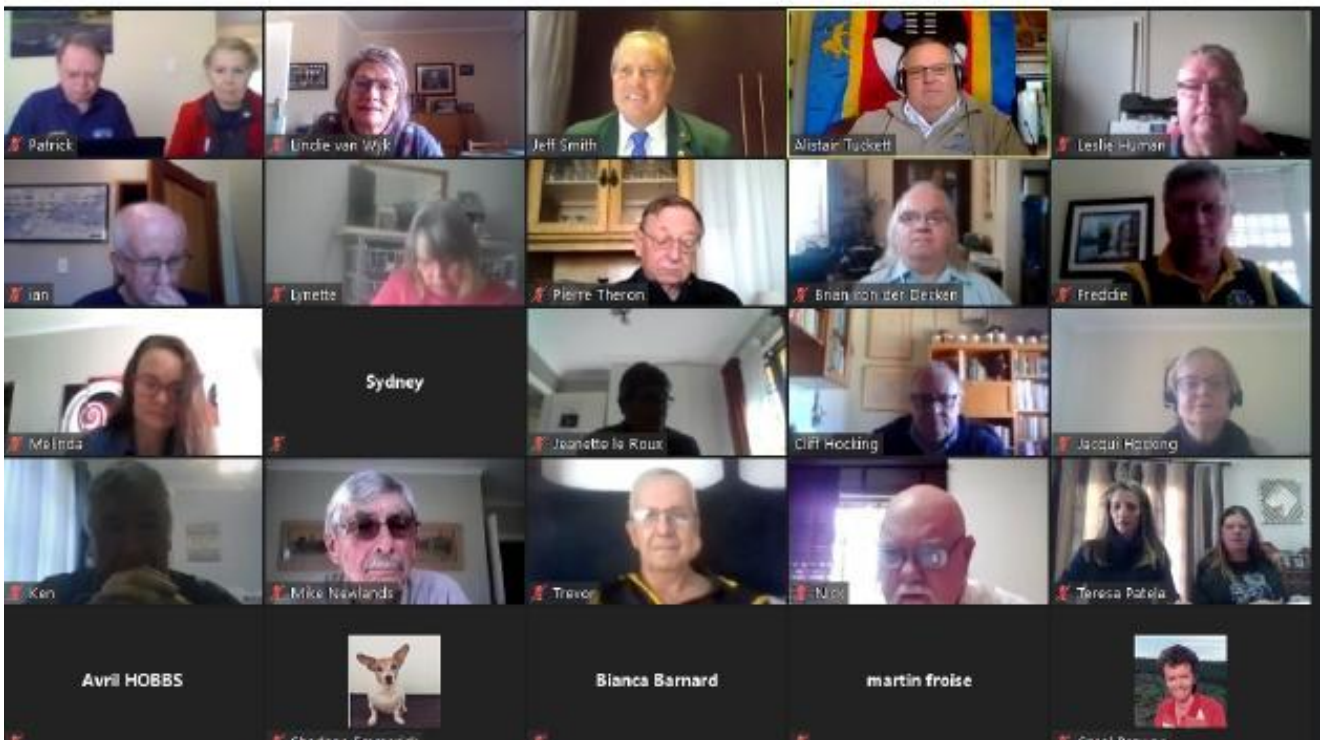
DISTRICT NEWSLETTER FOR DG JEFF SMITH.

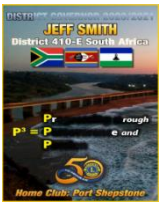


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“Progressing through Perseverance and Passion”

ATTENDEES AT THE FIRST CABINET MEETING OF DG JEFF SMITH’S CABINET 2020/21





DISTRICT NEWSLETTER FOR DG JEFF SMITH.



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“Progressing through Perseverance and Passion”

Information for the newsletter from DC for Hunger Alleviation: DC CAROL BROWNE.

Hunger Alleviation is probably receiving more attention, from more clubs, now than ever before. The tragic impact of the COVID-19 pandemic has resulted in many families facing hunger. Well done to all the clubs who are reaching out and helping organisations and families.

I would like to remind you that I have placed many documents on our district 410E (well Denis has placed them for me) website. These may be able to help your club in projects related to hunger alleviation. I have listed them below, and indicated how I envisage they may be used. Let me know if you have questions, or would like information on any specific topic.

1. **NEW! Information on food intake and immunity** – for general interest and to convince you that there are no miracle products that you should be purchasing – food is what relieves hunger.
2. Sample of the food slips that my club (Cowies Hill) use when we do food collection at a supermarket. One side has a list of foods that are suitable for donating, and the other has information on Lions, as well as the contact numbers of the club President and Project Co-ordinator.
3. General notes for food collection, which foods from the food groups are best options?
4. Sample of the poster I made, and had printed on coro-board, in A1 size, for advertising the collection.
5. Feeding babies and young children. Information to use if you receive requests from families or organisations caring for children of this age. Commercial baby foods and formula are not always needed, and the money you have can go further if the information is applied.
6. Food requirements for a family of 4. An interesting bench mark to use if you are assisting families.
7. Food safety in soup kitchens. Precooked donated food may not be safe, tips for helping to provide a safe meals.
8. Cost of energy and protein from different foods. For number crunchers. You will never buy tinned beans again when you see how much cheaper it is to buy them dry and cook them yourself.
(PLEASE SEE ARTICLE IN THIS NEWSLETTER ON THE BEST WAY TO COOK DRIED BEANS.)
9. Planning menus for groups of people, with sample menus. This is book 1 of a 2 part series, the second is the recipe book, which is work in process. When I am able to access kitchens to continue to test the recipes I will finish book 2, and run training courses for organisations that clubs support. Helping them to spend their food budget in the best way may help them to save money and have a health promoting eating plan.

“Well, that’s all for now, Folks”

