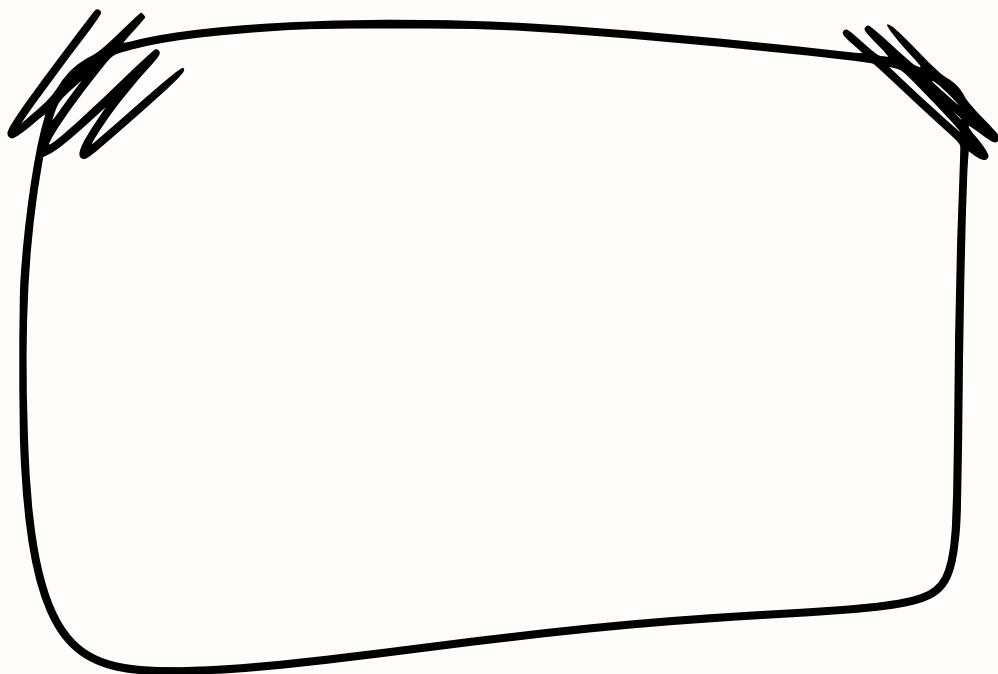




FRUIT SUPER HEROES

We all know that fruits are good for us, but we don't always know how they can help us! Or just because we don't like the colour of the Hello there! M a r t i n a skin, we miss the opportunity to taste their goodness. Tell us about your favourite fruit! Create your own Fruit Superhero! You can write a story or a poem, draw a picture or a comic strip, and then send it to Martina on martina@loop.mt



K	A	E	T	S	B	A	E	C	U	T	T	E	L
R	T	A	E	A	U	L	A	E	R	E	C	S	S
V	E	L	I	T	T	E	H	G	A	P	S	A	H
E	N	N	A	H	T	O	F	D	N	B	A	L	A
G	A	A	T	U	E	G	A	A	L	U	E	A	M
E	D	T	N	P	R	E	S	E	A	R	A	D	I
T	I	U	R	F	A	E	T	R	I	G	O	N	H
A	O	N	I	O	N	B	F	B	T	E	O	G	O
B	O	T	A	V	K	R	O	P	D	R	D	R	T
L	L	S	E	L	D	O	O	N	A	S	S	A	D
E	F	N	T	U	N	A	D	C	A	T	H	V	O
S	L	E	U	E	M	T	A	L	G	N	A	Y	G
R	O	L	L	S	P	M	R	V	G	A	M	M	S
R	A	D	I	S	H	T	V	D	I	N	N	E	R

Answers

There are 9,584 km from Colombia to Malta
There are 70 parishes in the Archdiocese of Malta



Solidarity meals are the meals that my friend Marta prepares with the help of many volunteers! **Every year Marta's Kitchen cooks and donates 50,000 meals.**

Besides helping Marta with cooking, other volunteers help Marta with delivering the Solidarity Meals to the doorstep of the people who need it!

Alot of people help **Kċina ta' Marta**. Especially **The Alfred Mizzi Foundation** who are also her partners.

However Marta always need help from the community!

If you know an adult who would like to volunteer let them know they can join Marta's team on loop.mt/join

If you know a company that can help with food donations or a day of help as a team (CSR) they can write to us on info@loop.mt or 79795254

If you know someone who can help us financially they can visit loop.mt/donate

- ONION
- PORK
- BURGERS
- FAST FOOD
- RADISH
- MACARONI
- LETTUCE
- VEGETABLES
- NOODLES
- BREAD
- CEREAL
- HAM
- FRUIT
- TUNA
- SALAD
- SPAGHETTI
- BUTTER
- ROLLS
- TV DINNER
- HOTDOGS
- STEAK
- GRAVY



a social enterprise of the coordination of djakonija (services for the poor and needy) in the 70 parishes of the Archdiocese of Malta.
79795254 - 25906309
loop.mt - info@loop.mt - djakonija.org



meet Martina



Hello there!

How are you doing? I am so excited you are reading my first newsletter! I am really looking forward to share so many beautiful things with you! But let me try to calm down and introduce myself!

My name is Martina and I love food! Okay,okay, I know we all love food in one way or another, but hey that's the beauty about food... there are so many reasons to love food! I am so sure that there are always more things to discover!

Okay breathe in...breathe out!...I'm exciiteeeeeed!

Soooo...I wouldlove to invite you to my club: MARTINA'S CLUB - a club for children like me and you. For the past months I have been helping a special friendof mine calledMarta. You mightknow her from the bible - she is the sister of Maria and Lazarus and she had the grace of having Jesus at her house and cooking for him!

Last year Marta decided to start a new kitchen, together with the parish priests of Malta,to provide food for peoplein need. Afterall Jesus told us to take care of the poor and needy amongst us! Feeding them will be like feeding Him! You can know more about this on loop.mt/kcina

Guess how many parishesthere are in Malta? (you can write your guess here - answer on last page).

So yes, I am officially Marta's helper! She asked me if I could speak to as many children as I can to make sure they learn about food, about the poor, about our community and especially about Jesus.



So here I am inviting you - yes you! - to join my club and learn about food, about helping the needy, about asking for help when we need it, but especially about how food helps us build a community! And when we are in a community, Jesus is amongst us! Woohoo!

So will you join me? Start by getting permission from your parents or guardians and when they have a minute ask them to fill in the online form - loop.mt/martina. Don't forget to write me emails on martina@loop.mt and please invite all your friends!





The Diocesan Children's Commission KDT (in maltese Kummissjoni Djoċesana Tfal) is an entity within the Archbishop's Curia.

This Commission is made up of 32 children who come from different parishes around Malta under the leadership of the Bishop's delegate Sr. Anna Sammut together with Sr. Doreen Mifsud, Glen Mercieca and Marilyn Grima.

The main goal of KDT is to convey the voice of children in the Church and where there is a need even in society. This is done by holding Diocesan activities on a national scale from time to time specifically aimed at children.

The KDT also takes care to visit the parishes where they give importance to the voice of the children and where possible encourages the initiation of children's commissions in the respective parishes.

The Archbishop of Malta Mons Charles J. Scicluna holds an appointment with the KDT and at least three times a year, he meets with them and discusses current events. This is done both on a spiritual level and on a social level.

Your parents or guardians can also know more about KDT on the Facebook page called **Kummissjoni Djoċesana Tfal**.

Ask your parish priest about activities for children in your parish!



PABLO THE BANANA FROM COLOMBIA

food from the world



Today I would like to introduce you to Pablo the banana from Colombia. Bananas come from very far. Guess how far in kilometers is Colombia from Malta (you can write your guess here - answer on last page).

Pablo is not any banana, he is a super banana that takes care of the farmers.

The farmers work hard to care for him and other bananasso they grow into nutritious fruit that help so many people stay healthy.

Watch a video about Pablo and the farmers in Colombia
cafod.org.uk/education/kidz-zone/banana-fair-trade-game

That is exactly why he has the Fairtrade Label on his chest! People from Fairtrade work with banana farmers, workers employed on plantations and with those who sell the bananas around the world to make sure that everyone gets a decent price pay for the hard labour that goes into growing this crop - the banana, that is one of the favourite fruits of most of us!



WATCH A VIDEO ABOUT PABLO AND THE FARMERS IN COLOMBIA

cafod.org.uk/education/kidz-zone/banana-fair-trade-game



The Fairtrade label helps us make fair choices and help poor farmers and workers.

Get to know more about fairtrade bananas make a poster or a story or perhaps a video with parents, guardians or friends about fairtrade and **send it to me on martina@loop.mt**



www.fairtrade.org.uk/farmers-and-workers/bananas/

LET'S COOK!

BANANA & DATES MUFFINS



350g self-raising flour, 100g oats, 2tsp baking powder, 2 eggs, handful of walnuts, 150ml milk, 150ml hot water, 150g dates, 120ml oil, 2 ripe bananas, grated rind of an orange, you can also add 50gr sugar 1tsp cinnamon



Step 1: mix oats, flour, baking powder, orange rind, walnuts together



Step 2: mix in oil and eggs



Step 3: soak dates in hot water



Step 4: blend oats and bananas



Step 6: mix everything



Step 7: bake at 180 degrees for 25 minutes



This recipe was tried tested and provided to Martina by Ms Christabelle Bartoli, Ms Noelle Galea Agius and Mr David Tedesco who run the Stars Club at the Seminary Primary School.

Try it out at school or at home! Take picture and tell us how you like the muffins...and if you're teachers who do cooking at school get in contact with us on martina@loop.mt!