



d j a k o n i j a   p a r r o ċ ċ i

# IL-KĊINA TA' MARTA

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## IR-REFETTORJU TAL-KĊINA TA' MARTA

2023 statistics



**50,000**  
meals



**1,200**  
hours of  
cooking



**6,000**  
hours of  
delivering



**2,750**  
hours of  
serving



# How to **HELP US HELP**

Il-Kċina ta' Marta relies entirely on volunteers and benefactors who generously contribute their time, financial support, and in-kind donations.

**In 2023, we provided meals to 870 unique individuals, all referred by social care professionals.**

For more information and detailed data, please visit  
**[loop.mt/kcina-ta-marta](https://loop.mt/kcina-ta-marta)**



**You can also show your support with a financial contribution through an online donation**

on our APS Account

IBAN: MT36APSB77013000000041233010026

A/c FOSAM LOOP

or through our payment portal on

**[loop.mt/donate](https://loop.mt/donate)**

If you wish to organise a food collection or donate food items, the list below indicates the ingredients we need most.

**NOTE:** *For food collections, please keep in mind that we typically prepare recipes in batches of 150 servings, so larger package sizes are more suitable to avoid waste.*

## Dry and Easy Storage Food

- Barley
- Beans
- Chicken stock
- Coffee
- Couscous
- Flour
- Skimmed milk
- Kunserva
- Kusksu
- Lentils
- Mixed herbs
- Olive oil
- Pasta (farfalle, penne, pennette rigate)
- Peas
- Pepper
- Polpa
- Rice (long grain)
- Salt
- Sugar
- Sugo
- Sweetcorn
- Tea
- Vegetable oil
- Vegetable stock
- Vinegar

## Frozen Items

We greatly appreciate donations of these items. However, please contact us in advance to ensure they remain properly frozen.

Another effective way to help is through financial contributions or by providing vouchers, that can be redeemed at supermarkets or suppliers for these items.

**Every contribution is deeply appreciated and plays an essential role in supporting our mission.**

**However, a financial donation is especially helpful as it allows us to buy any items that aren't donated in-kind, making the most of your donation's value with wholesale purchases and buying frozen foods that are challenging to collect through our donation streams.**



If you're interested in making an in-kind donation or organising an event to support Il-Kċina ta' Marta, kindly contact us at:



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(+356) 7982 2886



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[www.loop.mt](http://www.loop.mt)