

KĊINA TA' MARTA & REFETTORJU TAL-KĊINA TA' MARTA

50,000 meals - 1200 hours of cooking - 6000 hours of delivering - 2750 hours of serving (2023)

HOW TO HELP US HELP

Kċina ta Marta depends totally on volunteers and benefactors providing both their volunteering hours, financial support and donations in kind. In 2023 our meals reached 870 unique beneficiaries, all referred to us by social professionals. More information and data can be found on loop.mt/kcina-ta-marta

Details about how you can **support financially** can be found on loop.mt/donate

If you wish to organise a **food collection** or donate food the list below is intended to give you a clearer idea of the ingredients we need the most. NOTE: in the case of food collections where possible please keep in mind that when we cook a recipe we normally aim to make 150 portions of the recipe, thus larger package options are more suitable - and that also means less waste!

Dry and easy storage food

- Barley
- Beans
- Chicken Stock
- Coffee
- Couscous
- Farfalle
- Flour
- Help Skimmed Milk
- Kunserva
- Kusksu
- Lentils
- Mixed Herbs
- Olive oil
- Peas
- Penne
- Pennette Rigate
- Pepper
- Polpa
- Rice (Long Grain)
- Salt
- Sugar
- Sugo
- Sweetcorn
- Tea
- Vegetable oil
- Vegetable stock
- Vinegar

Frozen Items

(These are items we really appreciate help with but kindly contact us beforehand, so as to make sure they are continuously kept frozen. A good way to help with such items is actually to either support financially or provide us with vouchers that can be redeemed at supermarkets or suppliers selling such items)

If you wish to **Donate in kind or organise an event to support Kċina ta Marta** kindly contact us on 25906309 or 79822886 or email info@loop.mt

