

JANUARY 11 2022 | VOL. I

# THE DISH

*The Community Meals Newsletter--  
connecting community to issues big & small*



## THIS WEEK'S MEAL INSIGHT:

**Creamy Chickpea Soup Recipe, Serves 4**  
Heat 1 tsp olive oil, and saute 1 chopped large onion and 4 chopped cloves garlic for six minutes then add ¼ tsp of red chili flakes and cook one minute more.

Transfer mixture to a blender with 1 ½ cups of broth. Pour back into pan. Pour 1 can of chickpeas with liquid at a time into the blender and blend until very smooth, at least 1 minute; if mixture is too thick to blend well, add a few tablespoons of broth as needed.

Add to the pan and stir in ¼ tsp salt. Simmer soup over medium heat, stirring occasionally, until flavors blend, about 5 minutes.

Thanks to Kennis Termini for the idea to share this recipe!

If you are like many Americans, you may have struggled keeping healthy during the pandemic. Comfort foods are even more comforting in the midst of a pandemic! Eating well is a theme that we will be returning to more in our newsletter to help empower you to healthfulness.

Healthfulness, however, is not just a personal issue; it is a community issue, too. At Community Meals, we are aware that the pandemic has affected the health of the most vulnerable in our society--children.

“Everybody’s shifting upward,” Dr. Sandra Hassink, medical director at the American Academy of Pediatrics Institute for Healthy Childhood Weight (Scott Noumen, Children And Teens Gained Weight At An Alarming Rate During The Pandemic, The CDC Says, September 17, 2021, NPR)

It sometimes takes the help of health coach or trainer to help us make lasting changes in our lives. In the interest of the public health of families in our community, Community Meals will be offering a nutrition program this spring. The program will meet once a week, and participants will meet with a bilingual nutritionist and a personal trainer every week. As compensation, each participant will receive a bag of groceries. If you or someone you know would like to participate, please contact Amy, amybcaruso@gmail.com.

But our most powerful instrument for change is the kitchen itself. Making healthy, delicious meals right in the church’s kitchen for the community so that families are taking home meals that are balanced and nutritious. Thank you for making that possible!

## HEALTH FOR ALL

Seeking healthy for everyone; Community Meals offers new nutrition program!

## SPOTLIGHT ON KITCHEN STAFF

# Angelica Dardon

Angelica Dardon has been with the Community Meals program since its beginning. She is a local leader and a community organizer with parents in the North College Park neighborhood. Angelica helped College Park United Methodist establish its weekly after-school program in the fall of 2019 that continues to operate.

When the pandemic hit in the winter of 2020, she showed up in a major way for families in the neighborhood by connecting them to food distributions being organized at the church. And she continues to show up every week for families in the neighborhood by preparing meals for the community. Working in a kitchen is often fast-paced business, and anyone who has spent time in the kitchen with Angelica knows that she puts her whole self into her work.

**FROM ANGELICA:  
"I WANT TO EXPRESS MY  
HAPPINESS FOR THE  
OPPORTUNITY THAT HAS BEEN  
GIVEN TO ME TO REMAIN PART OF  
THIS GROUP COOKING AT COLLEGE  
PARK METHODIST. . .FOR THE  
CHANCE TO DO THIS WORK FOR  
THE COMMUNITY, GIVING MEALS  
FOR LOW-INCOME FAMILIES --AND  
DOING IT WITH WITH CARE."**



### **Did you know?**

Before the Community Meals program existed at College Park United Methodist, Meals on Wheels was located at the site for more than 40 years. We are so proud to continue in the tradition of food justice that was started by those innovators so long ago!

One more interesting fact. There is one person who reserves meals through our program every week to distribute them to people who are homebound and unable to cook. Out of the goodness of his heart and with no recognition, he has created his own "meals on wheels" ministry! To this person and all those who keep the spirit of sharing good alive, we say, thank you for the good you do.