

THE DISH

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



ASYLUM SEEKERS & REFUGEES IN OUT MIDST: OFFERING HOSPITALITY

Victims of war and violence in their home countries are seeking a safe haven here. Food is one way to say, "Welcome."

When people arrive here fleeing their homes, they do their best to rebuild their lives, sometimes with very few resources. Whatever they had might have been spent to get them here, perhaps using human smugglers.

There is so much to deal with, it can be overwhelming. There is the mental exhaustion and dealing with trauma. The physical exhaustion of carrying out daily activities. Worrying about securing housing and food.

One of the ways we say, "Welcome" to our refugee families at Community Meals, is by offering food, particularly Latin American food, with the hope that people will sometimes feel "at home" when they eat when we make. We can't promise that every week, but we try to make dishes that are familiar and that bring back good memories.

As we look to the future, we hope to expand our offering, to include food from other localities, such as Syria, Iraq, and Afghanistan. But we can't do it alone. We need the expertise of people from these places to come show us how it's done. Please look for a pop-up cooking experiment later this year!



WHO ARE REFUGEES?



80%

of the world's refugees live in the neighboring countries of their country of origin



2.3 million

refugees are from South Sudan



80%

are women and children



50,000

children are orphaned



Children of refugees are

x5

more likely to be out of school than their non-refugee peers



6

people a day lost their lives attempting to reach Europe last year



x2

people displaced in the world over the last 20 years



6.7 million

refugees are hosted by the poorest countries



2.6 million

refugees live in camps, which are crowded and without proper sanitation

MEAL INSIGHT: THIS PAST WEEK, WE USED MAPLE SYRUP IN OUR APPLE CRISP THIS WEEK INSTEAD OF SUGAR. IS IT LESS PROCESSED? YES. IS DOES IT HAVE A LOWER GLYCEMIC INDEX? YES. IS IT A HEALTH FOOD? NO. BUT IT IS RICH, DELICIOUS, AND A LITTLE GOES A LONG WAY!

THERE & HERE

A little column about life "back there" and how it intersections with life here

Santo Domingo Chiuítan in Oaxaca



This week we get a closer look into the place where Jesus comes from, the place where he hopes to return to one day to open a cafe that feeds the community for free. I spoke with him this week about his home town. "It is very poor. Oaxaca is very poor because there is no way to earn an income. When a person can earn an income honorably and help others that is very good. That is why people com here (to the U.S.), and that is why I hope to return and open a community cafe."

This is where Jesus initially trained to cook before leaving to work in Mexico City. One particular popular dish that we have featured at Community Meals is a mole. Look for this next week!



Did you know?
Testimonials are back up
and running on our page!
Go here to leave a
comment!
[http://www.umccollegepar
k.org/community-
meals.html](http://www.umccollegepar
k.org/community-
meals.html)

Community Announcements

Volunteer opportunities. Please commit one hour a week!

- +Work on Community Meals website
- +Build Community Meals social media presence
- +Plan Garden
- +Marketing for Community Meals
- +Research and help apply for grant Opportunities
- +Research and apply for in-kind donations

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