

# PANTRY NEWS

The CORE Pantry, Upton Priory Newsletter  
Charity number: 1181691



## Pantry Teas

Due to the success of our Thursday Pantry Teas, we've decided to offer a new way of queuing for our members. Instead of waiting out in the cold, free hot drinks and cakes or biscuits are available an hour before our usual opening times.

You'll be registered in the system upon arrival and given a number to indicate your place in line. Our volunteers will call out your number when it's your turn to ensure a smooth shopping experience.

We've received excellent feedback from both our volunteers and customers, and we welcome you to join us beforehand for a cuppa or to relax after your shopping is done.



## Breaking Bread

Get to know others, think about the things that matter to you, see God in others and be part of a supportive community.

Chat, coffee, prayer and maybe a song! Everyone is welcome x  
Every third Thursday of the month before the pantry opens - we will have pancakes on the 15th February!

## Macclesfield Repair Cafe

A repair café is where volunteers gather to work on repairing household objects like bicycles, clothing, electronics and mechanical devices. The idea is to promote using pre-existing items rather than buying a new one, for just a donation.

Macclesfield Repair Café is every second Saturday in the Citizen's Hall on Duke Street - what could you take?

## What's On:

### SOCIAL PRESCRIBERS

8th February 2024 11am-2pm  
7th March 2024 11am-2pm  
11th April 2024 11am-2pm

### BREAKING BREAD

15th February 2024 11am  
21st March 2024 11am  
18th April 2024 11am

### CITIZEN'S ADVICE CE ENERGY SERVICE

22nd February 2024 11am-2.30pm  
13th March 2024 3pm-5pm  
25th April 2024 11-2.30pm

### PANTRY CLOSED

As food will be restricted from supermarkets due to the bank holiday we will be closed on the 3rd and 4th April 2024

### EASTER FUN

30th March 2024 12-2pm  
Free crafts  
Children must be accompanied by an adult

Spaces limited so please request a form to book on



## Shopping basket

Our inventory is sourced through a combination of supermarket surplus goods, purchases from specialised wholesalers, such as FareShare, and donations. This means we cannot guarantee what items and the quantity of food we will receive each week. Balancing the needs of our two pantry sessions to ensure that all our members receive an adequate supply of food is a delicate process. Therefore, we have some restrictions on food to ensure that everyone's needs are met. We were asked to detail these.



To ensure everyone gets their fair share, we kindly ask that you abide by the following guidelines:

- Take only one item from each fridge or freezer
- Take only two tins
- Take only one tea or coffee
- Take only one pasta or rice
- Take only one pasta or curry jar
- Take only three packets of crisps or 1 large grab bag
- Fill one small basket of fruit and vegetables
- Take as much bread as you can use

If we have additional food available, we may permit more items in a given week, particularly if they are small.

We also occasionally save up larger meat items and offer them for an extra £1 every month or so. This offer alternates between Wednesday and Thursday sessions, and is only available once we have accumulated around 30 items.

Kindly printed by



## Overnight Oats

SERVES 1 ADULT

### INGREDIENTS

40g Porridge Oats

50g Yoghurt (full fat for children aged 1-2)

100ml milk

1-2 handfuls tinned, fresh or froze fruit such as mixed berries

### METHOD

Mix all the ingredients together. Cover and put in the fridge overnight so the oats absorb the yoghurt.

In the morning remove from fridge and enjoy!

### TIPS

Our Quaker Oat So Simple packets are perfect for 1 portion.

Use clear jars or glasses to create colourful layers.

Frozen fruit is good to use as the juice will be absorbed as the berries defrost.

Can also be made with milk or water instead of yoghurt.

