

PANTRY NEWS

The CORE Pantry, Upton Priory Newsletter
Charity number: 1181691



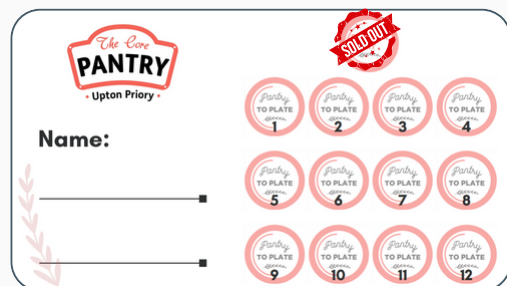
PANTRY TO PLATE

We have been fortunate enough to receive a grant from Cheshire East Council to run an exciting new recipe bag project; **Pantry To Plate**.

Think of it like our very own HelloFresh, but pioneered by the incredible local chef, Jinny Chivers from Cooking with Jinny. We know how time-consuming it can be to find new recipes to try, especially when you can't risk the food waste from a failed one, so we're giving you 12 unique yet simple recipes to try, risk-free.



Hopefully you have already picked up your free store cupboard bag to get you started, but if you haven't just ask next time you're visiting and we'll get you signed up.



So far we have offered two recipe bags, Minestrone Soup and Pasta Carbonara, with Jinny visiting the pantry to demonstrate and offer tasters of the first 4 weeks' recipes. Jinny will visit again at the beginning of May to demonstrate the next 4 tasty recipes.

“ Minestrone Soup - Made it exactly to the recipe with no additions or changes, and it's easily three generous portions, and very delicious. Thank you.



~ Pantry member and mum of 3

EASTER FUN AFTERNOON - 12th April 2-4pm

Are you interested in crafts, stories and games to help children aged 5-11 understand and celebrate Easter? If so join us on the 12th April and bring your old clothes as the crafty activities will be messy! Please note all children must be accompanied by a parent or responsible adult.

All free. Places are limited - Please sign up in the church/pantry.

What's On:

SOCIAL PRESCRIBERS

- 9th April 2025 3-5pm
- 8th May 2025 11am-2pm
- 11th June 2025 3-5pm
- 10th July 2025 11am-2pm

CITIZEN'S ADVICE ENERGY SERVICE

- 30th April 2025 3pm-5pm
- 29th May 2025 11-2pm
- 25th June 2025 3pm-5pm
- 31st July 2025 11-2pm

POTENTIAL BREWED

- 3rd April 2025 11-2pm
 - 17th April 2025 11-2pm
 - 1st May 2025 11-2pm
 - 15th May 2025 11-2pm
 - 29th May 2025 11-2pm
- Please note these are currently the last sessions scheduled so if you have any IT needs please see Potential Brewed ASAP

PANTRY CLOSURES

The CORE Pantry will be closed
Wednesday 23rd April 2025
and
Thursday 24th April 2025
due to Easter Bank Holidays



POTENTIAL BREWED

Need help with computers, phones and the online world? Potential Brewed are here to help until the end of May.

“We provide free internet access and face-to-face support to help you feel more confident online. Whether you need access to a laptop, printer, or scanner; or help to use online services (such as emails, job applications, banking etc.); we can help. Come and have a chat with one of our team at our regular drop-in sessions (dates on page 1). No need to book!”

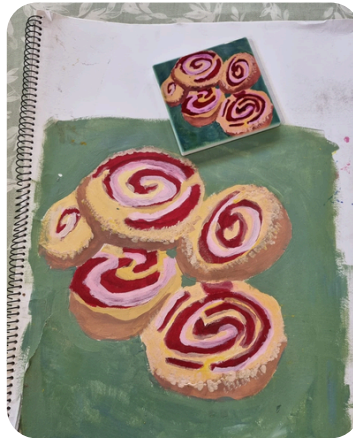
WE NEED YOU: CREATIVE MOSAIC PROJECT!

Are you a budding artist? Get your creative energy flowing and see your art come to life as part of our new community mosaic.

Whether you're a dab hand at drawing, your daughter has a penchant for painting, or your son has a keen eye for photography, we want to hear from you. Perhaps it's your partner who is into sculpting or your mum who sews up a storm?

Get creating in whatever medium you choose and we can turn it into a professional tile and display your work in The Pantry as part of a unique mosaic that showcases the wonderful talents our community has to offer.

Talk to any of our volunteers for more details or how to submit a piece of work by **Thursday 17th April** to be included!



CITIZEN'S ADVICE IN PANTRY

A Citizens Advice Case Worker continues to support members at The CORE Pantry during our cafe and first hour of the pantry; **Wednesdays 3-5 and Thursdays 11-1.**

Citizens advice are a free service to help you find a way forward, whatever the problem. Free advice and information can be provided on topics such as benefits, work, debt, consumer, housing, family, law & courts, immigration, and health. Stop by to say hello and to find out more.

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Croûtons for soup

Perfect for using up the beautiful loaves of bread from M&S.

Pop this in the oven when cooking other items.

INGREDIENTS

- 4 slices stale bread, cubed
- 2 tbsp oil
- ¼ tsp onion powder (optional)
- ¼ tsp garlic powder (optional)
- ¼ tsp celery salt (optional)
- salt and freshly ground black pepper
- Mixed herbs (optional)

METHOD

1. Preheat the oven to 190C/170C Fan/Gas 5.

2. Put the cubed bread in a bowl and drizzle over the olive oil. Season with salt and pepper and the onion and/or garlic powder, and/or celery salt, and/or mixed herbs if using. Mix until the bread is well coated.

3. Transfer to a baking tray and bake for 8-10 minutes or until golden-brown and crisp, checking after 5 minutes and keeping a close eye - they can burn quickly. Allow to cool and store in an airtight container for up to a week.

