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Tamil Integrated Federation's grand Iftar party



Habibiz Nasik Dhol's Iftar kit distribution



Ramadan cooking

Harira, (Moroccan soup for Ramadan)



Ingredients

- 4 tbsp of olive oil
- 1/2 cup of finely minced onions
- Two stalks of celery, diced
- 4 large tomatoes, diced
- 3 cloves of garlic
- 2 tbsp of tomato paste
- 1 cup brown lentils, cooked
- 2 cups chickpeas, cooked

Instructions

1. In a large Dutch oven, heat 4 tablespoon olive oil in mild flame.
2. Add the minced onions and cook until translucent.
3. Add the diced celery stalks and continue to saute.
4. Next, add 4-diced tomatoes to the oven and cook down for 1-2 minutes before adding the minced garlic and 2-table spoons of tomato paste.
5. Stir to combine, and then add the cups of cooked brown lentils and chickpeas.
6. For flavour, you may also add ground spices like cumin, coriander, smoked paprika, cinnamon, black pepper, salt and red pepper flakes.
7. We suggest adding a little chopped fresh cilantro, mint, and parsley, too. This intensifies the aroma and flavour.
8. Pour in a whole carton of lamb broth and bring the entire mixture to a nice boil.
9. Reduce the heat to medium-low and cover. Allow for the dish to cook for about 20 minutes.
10. Finally add chopped fresh spinach, kale, and small and gently stir to combine.
11. Raise the heat slightly and let to cook for 10-12 minutes.
12. When finished, remove from heat and serve with a lemon or lime wedge.

Ramadan Sharing Fridges are back in Dubai

When communities come together, miracles happen. In 2016, Dubai-resident Fikra Yel opened up a sharing fridge in her neighbourhood so the needy could help themselves to food from the refrigerator.

Over time, the movement grew, and with the creation of a Facebook group 'Ramadan Sharing Fridges', Dubai residents were encouraged to set up and stock fridges all over Dubai for those in need. A volunteer with the group since the beginning, Magda Scriabine, said: "We have over 200 fridges across the city. Each fridge feeds 100 to 1,200 needy people a day." Magda said that every bag of food collected by the project is distributed the same day, making it a zero-wastage model.

She added: "It is a grassroots initiative that is super-easy and accessible to those willing to donate." However, the fridges do not accept hot, cooked food, and leftover food. "We encourage people to donate water, laban, milk, canned fruits, all kind of



A volunteer hands out food packets to workers as part of the Ramadan Sharing Fridge initiative

fruits, biscuits, crisps, etc," she explained.

Each fridge has a manager who interacts with the donors as well as people who walk in to collect the food. "A fridge manager is a person or the family that has set it up, an individual who has decided to give back to the community," she added.

The group is closing registrations to open fridges this week-

end, and interested people can write to info@ramadansharing-fridges.org. "You need to obtain permissions from community or building management to set up a fridge," said Magda. Most people who access the fridge are from the working community, people working around the compound where the fridge is, and near construction sites. Children and families spend the evenings



Homemade sandwiches for Ramadan Sharing Fridges

before Iftar distributing packages to those in need in their neighbourhood, making it one of the most widely participated community initiatives in the city.

As part of the UAE Food Bank Initiative, the Dubai Municipality has also installed over 80 sharing fridges in various parts across the city.

Private companies have also set up fridges in various neighbourhoods in Dubai. Schneider Electric has set up solar-powered fridges in two locations in Dubai - Dubai Technology Entrepreneur Campus (DTEC) and Ras Al Khor. This com-

munity-driven initiative was launched in partnership with Birla Institute of Technology and Science, Piloni (BITS, Piloni), Aikah Establishment and

Luminous to give back to the society in the spirit of the holy month.

Steigenberger Hotel Business Bay is setting up two Ramadan sharing fridges for the third consecutive year. With their mantra of 'think globally, act locally', the vision of the sharing fridges is to benefit the neighbouring community in the Business Bay area. This Ramadan, the fridges will be launched with a splash of colour inspired by the Year of Tolerance, as Steigenberger will invite everybody to leave their colourful handprint and loving energies on the two big fridges on May 2 from 10 am onwards.



Volunteers from the Ramadan Sharing Fridges initiative in Dubai distribute meals to construction workers in Bur Dubai