



GET TOGETHER TO BRIGHTEN LIVES
Food, friends and fundraising fun



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“Winter should be a time for coziness, sitting by the fire with a full stomach and a mug of something hot in your hand. Sadly, for many families all over the world who have experienced natural disasters or conflict, winter is a time of hunger, darkness and danger. But there is hope, we can help them. Shine for ShelterBox and get your loved ones together to cook up a feast and help bring light and warmth to families this winter. It’s such an excellent way to make a difference.”

Rick Stein, Chef and Restaurateur

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Find more information today at:
www.shelterboxcanada.org/shine

ShelterBox Canada is a registered charity number 846283208 RR0001

DEAR SUPPORTER

My name is Yi Shun Lai, and I'm a ShelterBox Response Team volunteer. I have the great privilege of conveying your goodwill and valuable aid to families around the world who are putting their lives together after disasters.

At this time of year, I feel most grateful for the very basic things: a home to call my own; close friends and family. I'm sure you sense this, too, as the days grow ever shorter.

I'm reminded of the spirit of community that binds people after a disaster, and how they celebrate every step along the way to recovery.

I recall multi-generational families gathering for meals, using the communal space between the shelters you've helped to provide. Or the way that friends cluster beneath the awning of a ShelterBox tent for photos and gossip, just to visit. These are the moments we work towards, with your help.

And, of course, I remember the team de-brief that happens every night we're working, sometimes by head torch or flashlight. It's the time of day to focus on the work we've done, and the road ahead.

These moments aren't nearly as distant, or infrequent, as we think they are: This November, ShelterBox USA is proud to introduce Shine for ShelterBox, a fundraising effort that involves you and the people you love. We invite you to help us cast a light on disaster relief, celebrate the work we do together to bring light to families in their time of need.

Please join us in spreading awareness of the ShelterBox message among those you care about. Thank you for your support.



*Yi Shun Lai,
ShelterBox Response Team Member*





“Shine for ShelterBox is a wonderful campaign that will raise money to support those in urgent need in disaster zones around the world. This winter it’s all about people coming together to brighten lives and help spread a little light to others when they most need it.”

Sharon Horgan



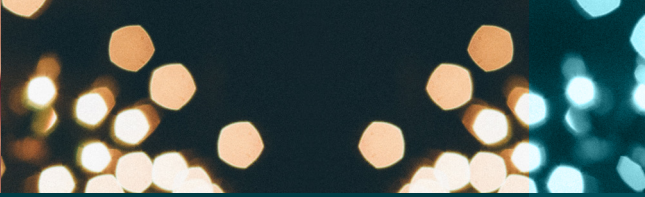
CONTENTS

- 4 How to get involved
- 5 Hosting a beautiful feast
- 6 Brightening Lives
- 7 Top tips for raising money
- 8 A glass of perfection
- 9 Easy Nibbles
- 10 Curried carrot soup
- 11 Providing the spice of life
- 12 Jim’s jambalaya
- 13 A warm bite
- 14 A brighter future in Cameroon
- 25 A family secret



HOW TO GET INVOLVED IN SHINE FOR SHELTERBOX

From swanky soirees to community get-togethers, there are lots of ways to get involved. Here are a few ideas to get your creative juices flowing.



BARBECUE IN THE BACK GARDEN

If you've got some outdoor space, then a winter barbecue could be a great way to bring home the message of how essential our work is to help people who have lost everything and are facing a life exposed to the elements. Cook something warming over a fire or coals and use candles to keep the atmosphere a cozy and comfortable for your guests.

BRING-A-DISH BUFFET

If you aren't the most confident cook, ask your guests to all bring a dish each and then serve everything together as a buffet. All it needs is a bit of planning so there's a good mix of savoury and sweet items and so that everyone's dietary needs are catered for.



PUB PARTY

Pubs and bars may be willing to help you host a night at your favourite venue if it helps bring a few more people through the door. Lots of community pubs are up for supporting charity events. Organize a candle-lit trivia night or an open mic event and you've got the perfect night. Or get a few and make it a pub crawl!

DINNER PARTY

A simple dinner party at home can raise hundreds of dollars for ShelterBox and give you a bit of quality time with the people you care about. Invite your best friends. Invite your neighbours. Cook a lovely meal, decorate your home with candles and the decorations, and then ask your guests for donations using the script provided. It couldn't be easier.



RESTAURANT SOIREE

Many restaurants now host private dining events or supper clubs. It's well worth talking to your favourite eatery about whether they'd be willing to host a Shine for ShelterBox night - then you can forget about the cooking and just worry about the guestlist. You could also find a sponsor to cover the cost of the meal.



OUR TOP TIPS FOR HOSTING A BEAUTIFUL CANDLELIT FEAST



Getting together for a cozy candlelit feast is the perfect excuse to catch up with family and friends this winter, and you'll be helping to brighten lives and bring protection to families all over the world at the same time. Here are our five top tips for hosting the perfect dinner party.



1. BE PREPARED

Decide on a date that suits you and choose a location for your dinner. Whether it's in your dining room, or at a restaurant you love, the most important element is that friends come together over a meal. Start to let people know using the invitations in our Shine Toolkit at www.shelterboxcanada.org/shine



2. HAVE FUN

In addition to enjoying the great company and wonderful food, think about what you could do to add a bit of fun to your supper. We have created conversation cards to help your event get started and for later in the evening, we've created a fun quiz.



3. SET THE SCENE

Set the tone for your dinner with a Shine Toolkit, which contains invitations, name cards, impact stories and conversation cards, all designed to educate and inspire your guests. Go to shelterboxcanada.org/shine to get your Toolkit and get started.



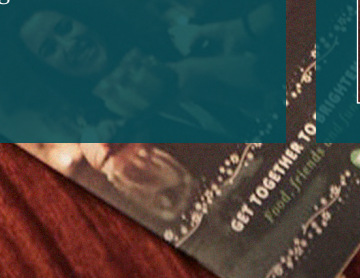
4. PLAN YOUR MENU

Think about what you can cook for friends and family before the day of the event. Check out the beautiful recipes in this magazine from chefs that are guaranteed to wow your guests.



5. GIVE GENEROUSLY

By donating your time and food to host a supper you're helping to provide emergency light, shelter and other vital supplies to save lives. Through our Shine fundraising webpages or through a personal gift the night of, your guests can make a difference for those devastated by disaster. Every penny we raise counts and we're very grateful for your support.





BRIGHTENING LIVES ALL OVER THE WORLD

At ShelterBox, we know how important home is. We bet you do too. It means more than bricks and mortar, it should be a place of warmth and safety - a sanctuary. That's why we don't just provide shelter, but the means to turn a shelter into a home.



In our ShelterBoxes and ShelterKits, we include items like blankets and groundsheets to keep people warm and kitchen sets to ensure that people can cook and eat together. We also pack solar lights to ward away the dark, even when there is no access to power.

Light is not just a comfort, but a powerful tool to brighten people's lives. For some, it means the opportunity to study or work after sunset, for others, it can mean something as fundamental as safety.



When disasters strike, everything familiar is thrown upside down. When night falls, streets strewn with rubble or covered in quicksand can be almost impossible to navigate. In places like Ecuador, which lies on the equator, nightfall is early and swift. When a massive earthquake shook the country, we made sure that solar lights were provided to families, along with materials to make new shelters. Our long-lasting lights not only helped to guide people on the journey to recovery, but have continued working long afterwards.

In Malawi, we visited communities that were rebuilding their lives after the worst flooding in 40 years. With the help of ShelterBox tents and materials, families were starting to return to normality – planting crops and constructing new homes. However, electricity was scarce and sporadic. A short trip to the latrine could be perilous, particularly in the rainy season when deadly snakes were

in abundance. Our solar lights not only lit the way, but helped to scare off these creatures too.

Sadly, when people lose their homes and the normal bonds of community break down, the dark can hold dangers far worse than wildlife. At ShelterBox, we don't just support people affected by natural disaster, but conflict too. In places like the ruined streets of Aleppo, or overcrowded makeshift camps in Western Africa, walking in the dark could lead to physical and sexual assault or even death.

That's why, when you lighten up your home this winter, you'll be making a serious impact on people's lives all around the world. With your time, effort and support, you'll be helping other friends and families to sit down together and share a meal in safety and comfort. 🏠



TOP TIPS FOR RAISING MONEY AT YOUR EVENT

Every penny you raise for ShelterBox counts and ensures that no family need go without shelter. Here are some tips for how to raise a little extra cash at your Shine for ShelterBox event.

GUESS WHO?

This is a great ice-breaker as well as raising money. Ask your guests to bring a picture of themselves when they were a baby. Create a gallery on a wall and write up some name cards. Get your guests to take it in turns to see who can match the names to the photos correctly, making a donation each time they have a guess.

GET QUIZZICAL

Everyone loves a quiz so this year we've created a special Shine for ShelterBox quiz to keep your guests entertained and also help them to understand more about Shine for ShelterBox. People can work in teams or on their own, and you can ask them to donate to take part. Remember to think of a suitable prize!

PRIZE DRAWING

Never forget the fundraising power of a simple chance drawing. If you ask around for prizes from local businesses, or encourage friends to bring raffle prizes along, you can raise a considerable amount with a book of raffle tickets and some great prizes.

CONVERSATIONAL 'SWEAR' BOX

Do you know your guests all too well? Heard one or two themes crop up over dinner before? This is a way to raise money and disrupt any chance of predictable conversation at the table. Get everyone to declare three topics that they might normally be tempted to talk about and write them on cards in front of their setting. If another guest hears you mention one of yours during the evening, they can call you out and you have to put money in the collection box.

HEADS OR TAILS?

This is a simple game that can be played easily around your feast table. All you'll need is a two-sided coin. Invite your guests to enter the competition for a small donation. Players then stand up and indicate whether they are betting on heads (by pointing to their head) or tails (by pointing to their rear!). The host flips the coin, and those who win remain standing. The losers sit down and are out of the round. This continues for a few rounds until you have a winner.

GAMES TOURNAMENT

The possibilities here are endless. From hula hooping to darts to a good old fashioned game of cards, discover the competitive streak you never knew about, and charge a healthy entry fee for competitors. And, if your guests are of a certain age, how about dusting off the vintage board games from the attic? Anyone for Scrabble?

CANDLELIT BOOK CLUB

Everyone brings a book they love and tells the other guests why they love it. If it's a book, they might read out the first page. The rest of the table can then bid to buy it. If the guest really wants to keep their item, they have to beat the highest bid with their own donation.

Have you come up with a different way to fundraise during your Shine for Shelterbox evening? Share your idea with us on Facebook @ShelterBoxCanada





A GLASS OF PERFECTION

~ SUSY ATKINS ~

Well-known as one of the wine experts on BBC1's Saturday Kitchen, Susy Atkins tell us about her favourite drinks for your Shine for ShelterBox feast.

"Let's raise a glass to Shine for ShelterBox! With great chefs providing superb recipes, I had to get involved by picking the perfect drinks to partner them."

SHINE SPRITZER FOR ADDED SPARKLE

Make a simple jugful for all by mixing (per person), over plenty of ice, 10z gin with a 10ml elderflower cordial, a big squeeze each of fresh lime and pink grapefruit, topped up with either cold soda water or (preferably) chilled prosecco. Garnish with mint sprigs and thin slices of green apple. Drink the cocktail with light white fish dishes, seafood, herby salads, grains and simple green vegetable dishes.

BUBBLES FOR A WARM WELCOME

Let's hear it for Cava! Prosecco may be a fun party pop, but for some more serious food matching, Spain's classic Cava, especially in the pink style (they call it Rosado) is a seriously good buy. My favourite dishes with a glass of this chilled fizz are charcuterie and little seafood snacks, and do try it with sushi too.

RED WINES FOR A 'CHILLI' NIGHT

If you're cooking up a spicy feast for your Shine event, you might make **Carmenere** the wine partner. Chile is the main producer of this red wine, which has distinctive spicy notes. I love Carmenere with a hot chilli or spiced dishes with lots of tomato and onion, such as rogan josh and dopiaza. **Pinot Noir** is a real treat and one of the world's most revered reds. It's a great match and really versatile so works with many dishes like mushrooms, duck, steak and even soft cheeses.

PALE ALE FOR A PARTY BUFFET

More robust in flavour and hoppy with a very fresh, slightly bitter edge, IPA is a surprisingly good match for crusty breads and savoury pastries. Just try one with a classic margherita tomato pizza, Cornish pasties or a seriously good pork pie to see what I mean.

WHITE WINES FOR WINTER

WARMERS

Looking for a ripe, rounded white but which tastes fresh and dry without the oakiness of many Chardonnays? Then try a **Viognier**. Most hail from the hot south of France and there's a sun-kissed richness which marries brilliantly with roast chicken, poached salmon and creamy curries like kormas. A vivacious dry **Riesling** from Australia, which is shot through with super-tangy lime juice, is terrific with white fish and simple seafood, Thai green curries and prawn stir-fries. Lip-smacking stuff.

CIDER FOR A SPICY NIGHT


A very versatile food-matcher, cider is especially fine when washing down flavoursome cheeses like Cheddar, and with ham, pork and chicken dishes. Medium-dry cider is terrific Indian dishes like onion bhajis, and vegetable curries, too. ■

You can find more wine and drinks matching tips from Susy Atkins in [Delicious magazine](#) and the [Sunday Telegraph](#). www.susyatkins.co.uk



SHINE STORIES

Richard Humphris



My Shine for ShelterBox pop-up event was a success! Over 300 people came to a cook-off between chefs from three different restaurants and we raised \$883.

We run a 'pop-up' restaurant business called Polygon Pop-Up. I wanted my Shine for ShelterBox event to be really special so I got two of the top restaurants in my area to come. It was like a 'food battle'. A local bar also sent two of their mixologists. I ran the bar, featuring a lot of local breweries, and we had a big art exhibition. Everyone who attended donated \$10 at the door and all the businesses donated 20% of their takings from the event.

Supporting ShelterBox makes sense. There are a lot of natural disasters in the world and it's good to give to an organization that's dedicated to helping with that.

It was hard work but it was all really worth it. And it was fun! ■

EASY NIBBLES

Crispy olives and smoked almonds



~ ANDY APPLETON ~

~ APPLETON'S AT THE VINEYARD ~

“I am really pleased to be involved in the Shine for Shelterbox campaign and able to give something to this worthwhile cause. I've been a firm supporter of Shelterbox since they began and am a huge believer in the work they do.”

Andy Appleton is the former Head Chef of Jamie Oliver's Fifteen Cornwall, relinquishing his post of nine years to start his own venture with his partner Lyndsey, a restaurant called Appleton's at the Vineyard. These nibbles, a popular favourite at Appleton's, are not quite what they sound! Perfect for sharing, these bite-size morsels pack a flavoursome punch and a satisfying crunch.

INGREDIENTS

- 1 pack big green queen olives, pitted
- 1 bag of smoked almonds

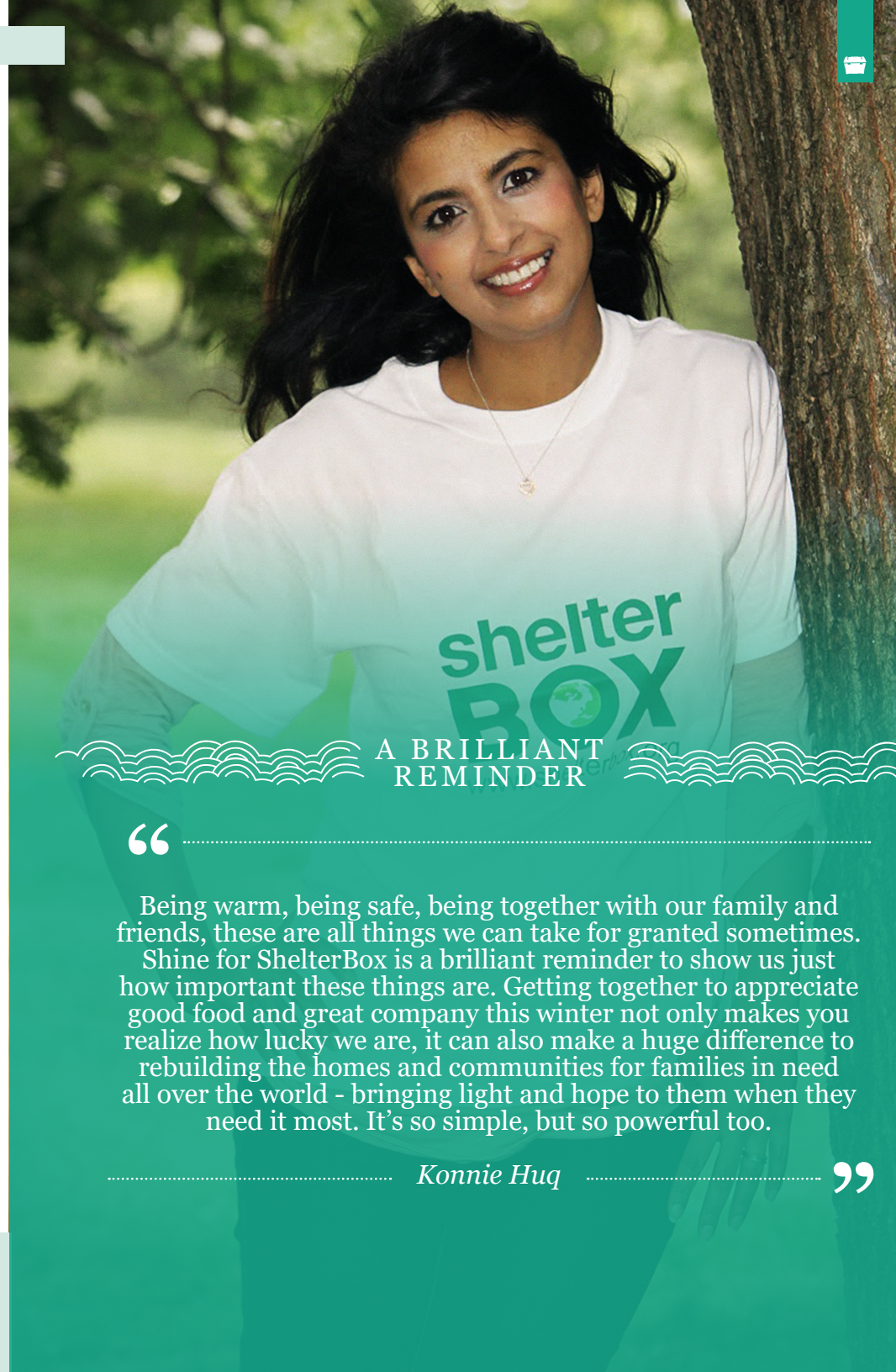
- 1/2 cup plain white flour
- Two eggs, beaten
- 1/2 cup panko breadcrumbs

METHOD

Firstly, stuff each of your olives with a smoked almond. Then create the crispy outer layer using the pane method. You will need three clean shallow bowls or trays. Put your flour in the first tray, beaten egg in the second and breadcrumbs in the third.

First roll the olive in the flour, making sure it is well coated. Shake off any excess and then coat in the egg mix, again making sure it is evenly coated. Finally roll into the panko breadcrumb until the olive is coated in the breadcrumb. This is pane!

If you would like a really crisp coating to your olive, and we recommend this, repeat the flour and egg process for a second time before you breadcrumb. Your olives are now ready to pop into the deep fryer until the breadcrumbs are browned. Season with a little salt and serve.



A BRILLIANT REMINDER

“

Being warm, being safe, being together with our family and friends, these are all things we can take for granted sometimes. Shine for ShelterBox is a brilliant reminder to show us just how important these things are. Getting together to appreciate good food and great company this winter not only makes you realize how lucky we are, it can also make a huge difference to rebuilding the homes and communities for families in need all over the world - bringing light and hope to them when they need it most. It's so simple, but so powerful too.

Konnie Huq

”



GET THE PARTY STARTED

Curried carrot soup



SERVES 4

PREP TIME: 20 MINUTES

COOKING TIME: 45 MINUTES

Two star Michelin chef Michael Caines shares his classic soup starter that comes

with a fragrant spicy twist.

INGREDIENTS

- 3/4 cups onions, chopped
- 2 cloves of garlic, lightly crushed
- 2 1/2 cups carrots, chopped small
- 3/4 cups unsalted butter
- 1 teaspoon cumin seeds
- A large pinch of Madras curry powder
- 1 1/2 cups chicken stock
- 2 1/2 cups water
- 1 bouquet garni (parsley stalks, coriander stalks, thyme, bay leaf, celery and leek, tied with string)
- Fresh coriander leaves

METHOD

Cook the onion, garlic and carrots gently in a saucepan with a pinch of salt and the butter, without colouring, for 5 minutes.

Meanwhile, toast the cumin seeds in a dry pan. Add the toasted cumin and Madras curry powder to the vegetables and cook for a further 2 minutes, then add the chicken stock, water and bouquet garni.

Bring to the boil and add a little salt, then

reduce to a simmer and leave to cook slowly for 30 minutes.

Transfer to a blender and blend to a fine purée, then pass the purée through a sieve and return it to a clean pan.



~ MICHAEL CAINES ~
~ LYMPSTONE MANOR ~

“Shine for ShelterBox is a brilliantly simple way to make a difference to families all over the world when they need it most. Get together with your neighbours, feast with your friends or cook up a storm with your community this winter to spread some brightness to the lives of others.”

Check the seasoning and serve sprinkled with freshly chopped coriander leaves.



PROVIDING THE SPICE OF LIFE

After the horror of the huayco, a flood of mud and rock that thundered down the mountains, the people of Peru have come together over food to help rebuild their communities.

In early 2017, all but one of Peru's 25 regions were hit by the sudden flood that overwhelmed defenses and gutted whole villages. Many people were lucky to escape with just the clothes on their backs. After sheltering on higher ground, many families returned to find homes heavily damaged or destroyed.

Yolanda Enriquez is one of the community cooks. She and her husband Santos work in shoe making – the main industry in this area. Yolanda tells us her story while preparing the day's menu of rice, split peas, fried beef with peppers and onions, and a spicy sauce made of rocoto chillies with aubergine and sour cream.

In the district of El Porvenir, so many families had lost everything that the local leaders have organized community kitchens. In these kitchens, different groups cook meals each day and the whole of the community eat together.

Yolanda said: 'We grabbed a mattress and ran to a building across the road that had a second floor. We waited for hours for the waters to go down, but we had to spend the night on the roof as the first floor was completely flooded.'

'Because our house was made out of adobe bricks, everything was lost. We came back here to rebuild the house. We didn't have much, but this is our land.'

'A member of the community told us about ShelterBox. We received a ShelterKit, along with instructions on how to build shelter, and household items like mosquito nets and solar lights.'

Using the tools and materials, Santos was able to make the shelters that they are currently living in, and the household items have made life more comfortable.

Yolanda said: 'I like the lights best – you just put them up in the sun and they charge. I really like the type of illumination you get from them too.'

The close-knit community is making sure that everyone is looked after following the disaster. The community members have not only helped to make sure that everyone gets ShelterBox aid, but that everyone is fed too.

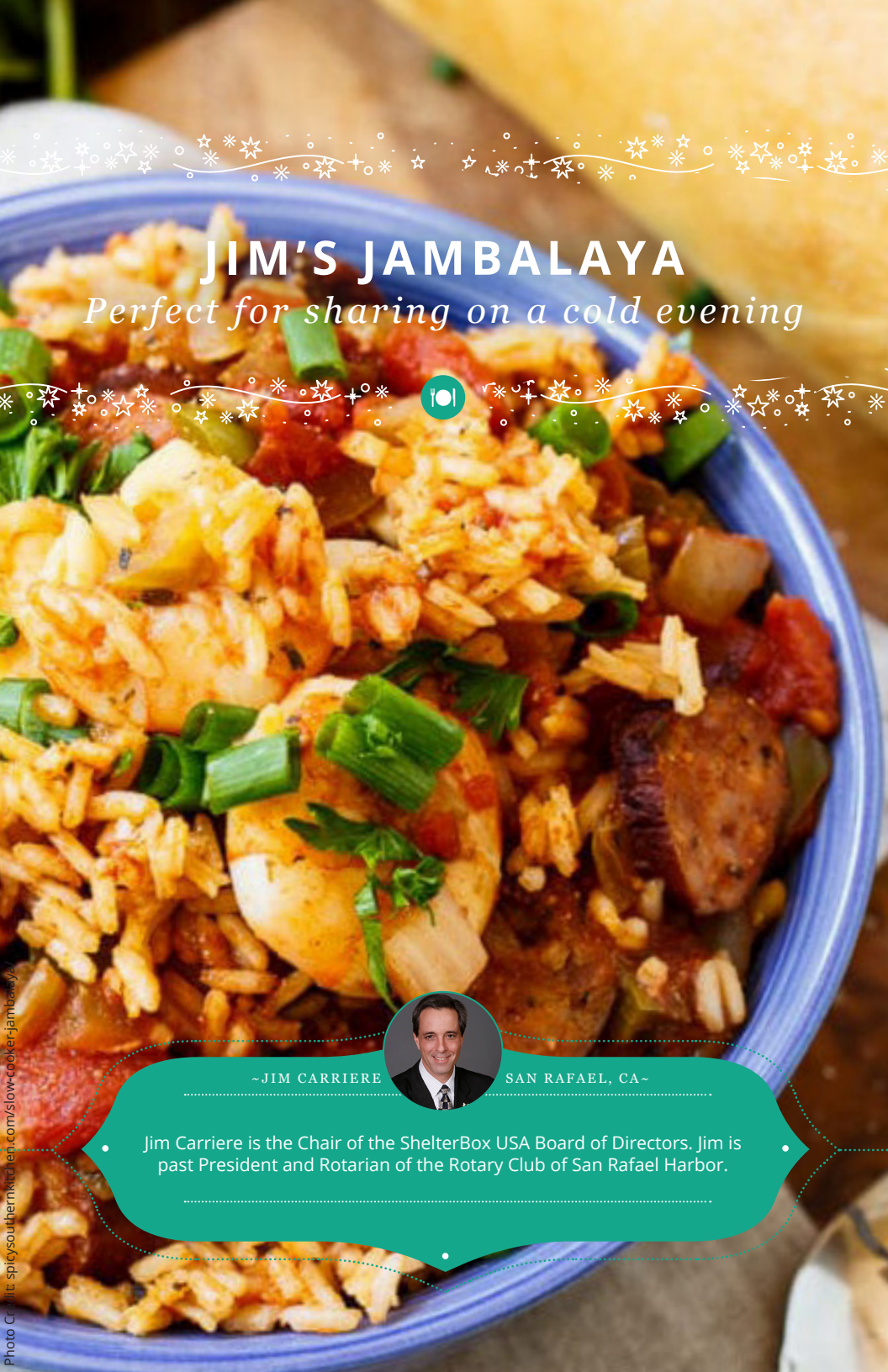
Yolanda said: 'The community kitchens have really helped us and have helped everyone as no-one has any money for any food.'

'We keep a list of everyone who is coming to eat, so that we know how many portions we need for each family. We tick them off, to make sure everyone has eaten and there is enough to go around for everyone.'

'We received a ShelterKit, along with instructions on how to build shelter, and household items like mosquito nets and solar lights.'

'Today we are cooking lunch for 100 people in the local community. We are making rice, beans and beef steak with onions and peppers. We take it in turns to cook, so each day a different family cooks for the rest of the community, today it is our turn, we are very proud of our sauce and our seasoning.'





JIM'S JAMBALAYA

Perfect for sharing on a cold evening



~ JIM CARRIERE

SAN RAFAEL, CA ~

Jim Carriere is the Chair of the ShelterBox USA Board of Directors. Jim is past President and Rotarian of the Rotary Club of San Rafael Harbor.

SERVES 4-5

COOKING TIME: 50 MINUTES

METHOD

Cook the 1 cup of long grain rice on a stove or using a rice cooker.

In a large pot, melt the butter, then saute the bell pepper, celery, red onion, and 2 tablespoons of minced garlic. Throw in some of the seasoning mix, again the more you use the spicier your final jambalaya.

After about ten minutes, add the chicken, sausage, shrimp, tomatoes and green onions.

Add the last tablespoon of minced garlic and stir in more seasoning mix.

Continue stirring for another 10 minutes or so, if necessary adding more seasoning mix as you go. Once the shrimp are semi cooked, taste the liquid, give it a few seconds for the spice to kick in, then decide if you need more spice! Keep stirring until shrimp are nearly done.

Fold in the cooked rice, lower the heat and cook another 5-10 minutes or so, until the rice as absorbed most of the liquid. Stir often so the bottom doesn't burn.

Before serving, stir in half the green onion tops, then garnish the top of each serving with the rest of the green onion tops.

Jim Carriere is the Chair of ShelterBox USA's Board of Directors. He shares with us his famous Jambalaya recipe, perfect for sharing.

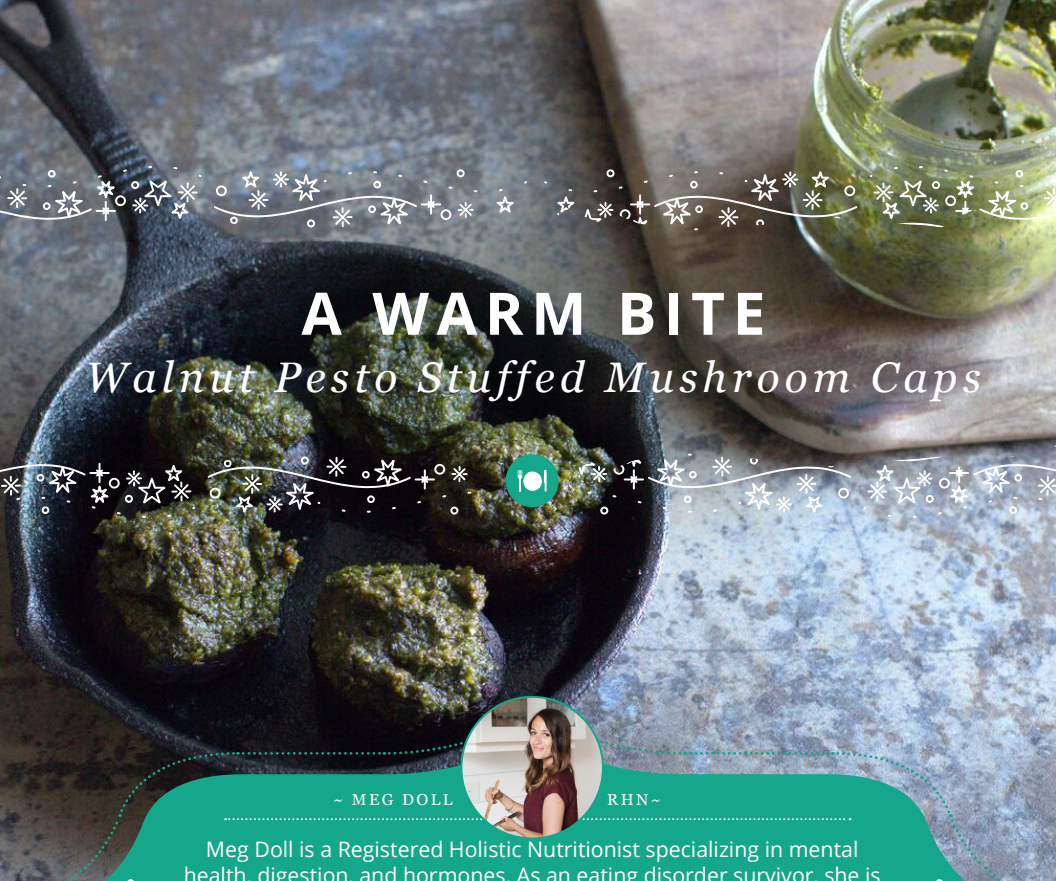
INGREDIENTS

- 1 cup uncooked long grained rice
- 3 tablespoons minced garlic
- 1 cup diced celery
- 1 cup diced green bell pepper
- 1/2 cup diced red onion
- 1 1/2 cups chopped fresh tomatoes (you can use a can of chopped tomatoes to make it even easier)
- 1 bunch of green onions, chopped
- 2 chicken breasts, seasoned however you like, grilled and then chopped
- 1 package smoked sausage, grilled and chopped
- 3 cups raw, peeled shrimp
- 1 stick of butter

For the spice:

- 1 tablespoon Creole seasoning
- 1 tablespoon of ground cayenne pepper, ground white pepper, ground black pepper and salt

Add as much or little of this spice mix as you'd like, adding all of it will make a very spicy jambalaya!



A WARM BITE

Walnut Pesto Stuffed Mushroom Caps



~ MEG DOLL

RHN~

Meg Doll is a Registered Holistic Nutritionist specializing in mental health, digestion, and hormones. As an eating disorder survivor, she is passionate about supporting others in overcoming their battles with food and body image so they can live the vibrant life they deserve!

~ WWW.MEGTHERHN.COM ~

MAKES 12 MUSHROOMS

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 cup walnuts
- 1/4 cup olive oil
- 3 large garlic cloves, crushed
- 1 cup chopped fresh basil, loosely packed
- 2 cups chopped fresh spinach, loosely packed
- Sea salt and pepper to taste
- 12 cremini mushroom, washed and stems removed

Here's a recipe from Meg Doll, a registered holistic nutritionist based in Yorkton, SK. Great for vegetarians, these little pesto and walnut filled mushrooms are a great way to start off any dinner and make for a very attractive dish.

METHOD

Preheat the oven to 350°F.

Using a food processor, pulse together the walnuts, olive oil, garlic, basil and spinach. Add salt and pepper to taste.

Fill each mushroom cavity with a spoonful of pesto, placing on a lined baking sheet when stuffed

Bake until the mushrooms are cooked and the pesto is warm, about 15 minutes. Serve warm.

Get more mouth-watering recipes from Meg Doll's new cookbook **Keto Freedom**. Keep up to date with Meg on her website megtherhn.com, on her Instagram page [@megtherhn](https://www.instagram.com/megtherhn), and be on the lookout for her upcoming book, *Keto Freedom*, which demonstrates how you can heal your mind and body with a high-fat eating style and self-love (\$34.95 Amazon).



SHINE STORIES

Hannah Pengelly



I hosted three meals with friends and neighbours over the winter and raised more than \$300 from their donations.

I thought a Shine for ShelterBox dinner would be quite a nice thing to do. And I was feeling sad about the refugees in Syria - people were starting to ignore them. So I decided to do three meals. I did all the cooking - with a bit of help from my local grocer.

A ShelterBox contains everything you need for a temporary home. That's such a brilliant idea. I knew they put a light into the ShelterBox so I made a point of putting lots of candles around and making that sort of atmosphere.

It was lovely to be chatting and relaxing with my neighbors. When I saw that people had actually donated money I was touched. That feeling of satisfaction was great - I've actually done something worthwhile. ■

SHINE STORIES

Marion Brown

I hosted a high-end dinner party for close friends and raised more than \$500 from their donations.

We cooked a three course meal, made appetizers, took care of the wine and drinks, and had a cheese course. We decorated the room with lights and candles - at the end of January when it's gloomy it was nice.

We've researched ShelterBox, what it stands for, and we're very connected with its values. We wanted to raise funds and awareness, so we showed everyone a video about ShelterBox and used the website to create a quiz about their work. And we gave everyone a gift - it was personal to them but also had a message about ShelterBox. It was great fun - a really lovely evening with friends. ■

THE PATH TO A BRIGHTER FUTURE IN CAMEROON

Since 2009, a violent conflict has been raging in Nigeria. This conflict, caused by the militant extremist group Boko Haram, has spread to the neighbouring border regions of Chad, Niger and Cameroon, directly affecting around 17 million people.

Many people, just like Muhammad from Nigeria, have been forced to flee their homes and countries. Most have experienced violence first hand – from lost limbs to sexual assaults.

Muhammad's family moved after their village was attacked, but they moved again because they didn't feel safe. It wasn't until they travelled to Minawao camp, a refugee camp across the border in Cameroon, that they felt more secure.

At first, they had to stay in a collective center for new arrivals. For three whole months, they had to stay in temporary accommodation, split by gender.

Muhammad said: 'We could not be together to sit down and discuss private family matters – it was such a difficult time in so many ways.'

Then, we started working in the camp to bring family shelter to the refugees. We supplied Muhammad and his family with a ShelterBox tent, so that he and his family could have somewhere to call home. We also provided the family with a range of essential household items to make them feel more comfortable, safe and secure.

Muhammad said: 'The items we received have had such a profound effect for me and my family at that time of great need.

'The solar light, for instance, has been an enormous help to us. After school, my kids can use it for studying or play outside after dark. It's these little day-to-day things that make a massive difference to us in the camp.'

In large, sprawling camps like Minawao, the addition of light makes all the difference. After violent attacks and perilous journeys, it can be difficult to adjust to a new community and feel safe in unfamiliar surroundings.



Our solar lights, which can provide up to 16 hours of light from just one charge, has not only helped Muhammad's children to feel safe, but to enjoy life. In the midst of extraordinary circumstances, they are able to learn and play, just like other children all over the world. ■

'The solar light has been an enormous help to us. After school, my kids can use it for studying or play outside after dark. It's these little day-to-day things that make a massive difference to us in the camp.'

Interested in having your own LuminAID solar light? Purchase our complete Shine Toolkit that includes a LuminAID solar light for your dinner party!

Photo credit: <http://www.pbs.org/food/recipes/chocolate-ganache-tart-2.0>

A FAMILY SECRET

Dark Chocolate Ganache Tart

~ STEPH CHRISTENSEN



SHELTERBOX CANADA~

"I love getting my friends and family together over the holidays - by hosting a shine dinner, I can do this while also making a meaningful difference for families around the world who will be left in the dark this holiday season. For me, shine dinners embody the true spirit of the season!"

Stephanie Christensen, Executive Director of ShelterBox Canada shares her crowd-pleasing, family secret recipe for dark chocolate ganache tarts.

INGREDIENTS

For the crust:

- 1 1/2 cups graham cracker crumbs
- 5 tblsp unsalted butter, melted
- 1/4 cup granulated sugar

For the filling:

- 12 oz/340 grams good quality dark chocolate
- 1 cup heavy whipping cream
- 4 tblsp unsalted butter, room temperature og butterscotch chips

To decorate

- Fresh mixed berries

METHOD

Begin by making the crust. Combine graham cracker crumbs and the sugar in a large bowl. Slowly stir in the

melted butter until the crumb mixture is moist. Using your hands or a spatula, press the mixture into a tart or pie pan (it's easiest if you start with the sides first!)

Bake the crust for 7-9 minutes at 350°F, or until the crust starts to harden. Once the crust is almost completely cools, start making the filling.

For the filling, start by cutting up the chocolate into small chunks. Place the chocolate and butter in a bowl. In a saucepan over medium heat, bring the whipping cream just to a simmer.

Immediately pour the heated cream into the bowl with the chocolate and butter and cover with tin foil for 3 minutes.

After 3 minutes, stir the mixture until it is completely smooth. Pour the mixture into the crust shell, let it cool to room temperature before putting the tart in the fridge to cool for at least 2 hours.

To serve, run a sharp knife under warm water and cut the tart. For best results, rinse the knife after each cut. Place mixed berries on top and enjoy!

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