



Whether you live in Cambodia or live in the UK, USA, Australia or any other country around the world, one thing we all have in common is our love of food! In this month's newsletter we wanted to share a few of the ways food is making a difference at M'lop Tapang.

M'Lop Tapang's Soup Recipe (serves 500)



Have you ever wondered what it takes to make a hot lunch for 400-500 hungry kids?

[Here is our recipe for fish soup](#) - a typical meal at our Main Center for children and youth attending [education](#) and training programs.

"Bor-Bor" for Growing Bodies



Healthy and nutritious, "Bor-Bor" (Cambodian porridge) is common morning meal here. Our staff prepares it for children at the neighborhood [Community Shelter](#).

Want to try making your own bor-bor at home? [Check out this recipe.](#)

Learning to Cook for a Better Future



[Sandan](#), M'Lop Tapang's [vocational training](#) restaurant not only provides training for disadvantaged youth but it also serves up great food.

[Check out what customers are saying on Tripadvisor.](#)



Bring a Taste of Cambodia Home



Looking to try cooking something different? This month the staff and students of [Sandan](#) share their [recipe for Cashew Nut Crusted Banana Fritters](#). Easy to make and delicious. These fritters go great with ice cream, gelato, or sorbet.

A Delicious Way of Helping



[M'Lop Tapang](#), a local non-profit organization registered with the Royal Government of Cambodia, has been working with the vulnerable children of Sihanoukville since 2003. We currently work with over 4000 children and 1500 families in the Sihanoukville area providing shelter, medical care, sports and arts, education and training, counseling, family support and protection from all types of abuse.



The holiday season is approaching fast! Make a donation to M'Lop Tapang as a gift for someone special.

8 Great Holiday Gifts for Less Than \$20

M'Lop Tapang is proud to be the implementing partner of the international ChildSafe program.



[Learn more about ChildSafe and what you can do to help keep children safe.](#)

Text **GIVE 17756** to **80088** to donate \$10. Message and data rates may apply. (Only works for US mobile phones.)



Thanks to everybody who came, baked, ate and drank at the recent event in Belfast organized by Helen Toland and Martin Shiveral. £335 was raised!

A big thanks to Helen and Martin and the group

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Sihanoukville
Sihanoukville, 00000
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