

THE LUXE LEDGER — VOL. 6 | NOVEMBER EDITION

“Gratitude Plates & Giving Hands”

“This season - a little soul food, a lot of gratitude, and plenty of love to share.”

There is a heaviness in the air this year.

Because with the ongoing federal government shutdown, essential support systems are wobbling. The Supplemental Nutrition Assistance Program (SNAP)- which helps over **42 million Americans** afford groceries- is now flagged for delays or even cuts in some states.

You can feel it in homes, in schools- everywhere

Elders, parents, caregivers... they are all trying to stretch a little bit of something into enough.

But even in the face of all this, we still hold a power- yes, the power- the ability to care loud, to show up-with a hot meal, a warm hello, or simply a moment of real, undistracted attention. Because when someone feels remembered, that's when hope starts to rise again- and right now, that means more than ever.

That's why I am organizing a **Friendsgiving** as a declaration.

Because for me, Friendsgiving is how I pour love into the cracks of a heavy year. It's the table I set with intention, where each dish is about care and connection served hot.

I am frying up chicken and corn, baking mac & cheese and cornbread, stirring up greens with a whole lotta heart. To fill plates and to remind the people I love- 'You matter. You're held. You're welcome here'.

Because in uncertain times, what's certain is just the warmth we can create together.

So, if you have never hosted one, start small, invite one friend, cook one thing, share the table and let the togetherness be the main course.



A RECIPE TO SHARE & SPARE

Well I have a sweet southern hug everyone loves- Yes, a Peach Cobbler recipe

Ingredients:

-  1 can (15 oz) sliced peaches in syrup (or fresh, if you fancy)
-  ½ cup unsalted butter (melted)
-  1 cup sugar
-  1 cup milk
-  1 tbsp baking powder
-  1 tsp cinnamon
-  Pinch of salt

Ingredients:

Start by preheating your oven to 350°F (175°C). While that warms up, pour your melted butter right into a baking dish- don't grease it, just let the butter do its thing. In a mixing bowl, whisk together the flour, sugar, baking powder, salt, and milk until it turns into a smooth, pourable batter. Gently pour this batter over the melted butter in the dish- but don't stir! Now, spoon your peaches (with all that sweet syrup) right on top of the batter. Still, no stirring.

Sprinkle cinnamon generously across the top for that warm, fall hug. Pop it into the oven and bake for 40 to 45 minutes, or until the top turns golden and the edges bubble with sweet goodness.

SHANSHAN'S TIP:

Serve warm with a scoop of vanilla bean ice cream and a little grated nutmeg on top- it's that extra "mmm."

'That's the kind of sweetness we need more of'

A Gentle Reminder

Right now, 1 in 8 Americans could lose access to food assistance programs because of the government shutdown- that means may be your neighbor, your child's classmate, or someone silently struggling right beside you.



SO LET'S BE GRACIOUS & HELPFUL



Donate to a local food bank.



Cook a little extra and share a warm meal




Extend an invite to someone who may be spending the season alone.

Be the reason someone feels held this season. Until next time, keep the oven warm, your arms open, and your spirit generous.

With love,
Queen ShanShan

Catch all episodes on:

 www.abroadpodcasts.com

 YouTube - A Broad Cast Podcast Channel

Scan the QR Code below to access the latest episodes on your phone!

