

RAMADAN PLANNER

Week 1

Pre-planning meals

Pre-plan your meals in Ramadan. The main focus of the month is supposed to be abstinence. Let us not take that away with worrying about our meals every day. Make a meal chart for a week, with something new and different every day. Then toss and turn that for the next four weeks so you do not end up having the same meal consecutively. This makes it fun, and less boring, not to mention takes away the stress of iftar planning every single day. Apply the same for your dinner and sehri meals too.

Meal planning also allows you to see what groceries you might need. As we are all trying to stay indoors, the planning means you can order in all



needed groceries at once, instead of numerous trips to the store.

Weekly iftar parties

Given the current situation, it is unlikely we will be able to head out for iftar this year, or invite our close ones over. But let us make the most of it by having iftar parties with the family. Bring out your best dinnerware, cook like you would for a party, and dress up just the same! It will surely lift the mood in this situation while you spend a great evening with your loved ones.

Productivity

Cleaning spree

There are activities we cannot do because of the lockdown, but there are still tons to do while being stuck at home. Keeping Eid in mind, a cleaning spree is always on the list, but this year, we are starting earlier. Peak productivity is not expected in such uncertain times, which is why you can hit one section of the house each week. Breakdown similar sections and bring the whole family to it to lessen the stress. By the end of the month, you will have a squeaky-clean home rightfully prepared for Eid.

Thoughtfulness

Besides being a month of abstinence, prayer, and worship, Ramadan is also the month of giving. And uncertain situations today call for more thoughtfulness than ever before. While we are lucky to have food and shelter amidst the crisis, a lot of people do not.

To lend a helping hand, you can donate to organisations who are doing everything they can to provide food for families who need it. The list below



includes a handful of the organisations and their links.

Check out their work, and make a donation to whichever you want to. Donation details can be found on the respective pages and groups.

1 Taka Meal
<https://www.facebook.com/1Tk.Meal/>
 Bidyanondo



<https://www.facebook.com/Bidyanondo/>
 Feed A Family
<https://www.facebook.com/groups/213616249956702/>
 WE
<https://www.facebook.com/WE-112602597045868/>
 Ashia Foundation
<https://www.facebook.com/ashiafoundation/>
 Amader Pathshala
<https://www.facebook.com/AmaderPathshala2007/>

Fun and relaxation

When times are busy, all we want is to sit down and relax, but when the time comes, we run out of ideas on how to do so. So, sit down, bring pen to paper, and start listing. From all the shows you have been wanting to watch, to the books you want to read, or better yet, all the ones you have left hanging because of busy days.

Do not overwhelm yourself, but once again, divide the entertainment through your weeks so you can actually enjoy them, without it feeling like a chore.

Checkpoint

Eid shopping will surely be different

this year, but we can still make the most of it. You will also find it handy picking up a few sewing tricks here and there from your mother or relative, since last minute tailoring might not be an option this year. If you have dresses in mind, look for online shops that are delivering and place your orders early.

Effortless hack — If you have a nice dress you never wore in public, substitute that for your Eid outfit in case you cannot shop by then.

Children

Being home all day can be a lot for adults, but it is harder for children. However, this is a good time for basic lessons they can carry on into the future. Teach them to not overindulge. Excess snacking becomes a habit when at home, but overdoing it can be harmful to health.

Children also tend to overindulge in electronics, which can pose a threat to their visual health and increase headaches. While you help your children overcome these, it is a good idea to practice the same for yourself too, because to be honest, us adults are just as guilty here.

Involve your children in daily activities. This includes meal planning, cleaning, relaxing, taking in their ideas, making them feel like an important part of the household.

Change

Practice not splurging

If there is one thing we have learnt through this coronavirus crisis, is that we are very fortunate to have food on our tables and a roof over our heads. This Ramadan, let us practice purchase restraint, be it on food or other goods. Overconsuming food and giving in to fast fashion are all choices bad for our health and environment. Let us leave these habits behind and make a fresh start, and hopefully hold onto it even after Ramadan ends.

By Anisha Hassan

Photo: LS Archive/ Sazzad Ibne Sayed

NEWS FLASH

KFC and Pizza Hut – deliciousness delivered

Staying at home and being stuck with the same food over and over again can be a very tiring for the taste buds. But with the current situation being as it is, and with health safety concerns, there are very few alternatives. In these times, trusted brands are sought after, since it is ensured that they will not compromise with health, safety and quality. Keeping the current concerns in mind, both KFC and Pizza Hut are offering takeaway and delivery services.

Considering customer and staff health and safety, both have introduced Contactless Delivery & Takeaway. This is to ensure that the customer's order journey is purely done online and without any direct contact with any of the employees up until delivery or takeaway is received.

Safety measures during delivery include regular temperature checks for delivery riders and staff. Everyone also follows the recommended sanitation protocol of "20 second hand wash" every 30 minutes. All riders wear a mask and hand gloves throughout the delivery process, including riding and delivering right at the customer's doorstep. While delivering, riders always carry a seating stool. As soon as they reach customer's location, they place the food on top of it and step back for the customer to pick up the order. Delivery bikes, boxes, and bags are sanitised right before a rider goes off for making delivery.

As for the food, at KFC, the chicken is passed through 34 points of quality checks and is cooked fresh at 170° Celsius. At Pizza Hut, the pizza is prepared at minimum 240° Celsius for 6 minutes, making it safe for consumption.

Amit Dev Thapa, CEO of Transcom Foods Limited, the sole franchisee of KFC and Pizza Hut, ensured the promise of both brands in delivering delicious food in the safest way possible. "As global brands, we are trying to deliver our customers the taste they can trust with maximum safety and sanitation with our contact-less delivery," he said.

A total of 8 KFC outlets, including the ones in Gulshan, Dhanmondi, Banani, Chattogram are offering this service. Pizza Hut is also offering a mix of takeaway and delivery through a selected number of outlets.

Orders are being taken thorough their online ordering sites — www.kfcbd.com and www.pizzahutbd.com and food delivery services like Foodpanda, Hungry Naki, Shohoz Foods can be used to check delivery areas. Customers can also call the stores directly. Pre-payment using credit cards and bKash is being encouraged for a fully contactless delivery experience.

For up-to-date contact details and delivery options, please visit www.facebook.com/KFCBangladesh and www.facebook.com/pizzahutbangladesh