

New podcast ‘A Lot on Your Plate’ **(<https://www.activelink.ie/node/115363>)**

New podcast ‘A Lot on Your Plate’ highlights the stories of young Palestinians navigating life in Ireland while staying connected to their heritage

[spunout \(https://spunout.ie/\)](https://spunout.ie/), Ireland’s youth information and support platform, has launched a new podcast series ‘[A Lot on Your Plate’ \(https://spunout.ie/voices/a-lot-on-your-plate/\)](https://spunout.ie/voices/a-lot-on-your-plate/) amplifies the voices of young Palestinians living in Ireland. Listen on [spunout.ie \(https://spunout.ie/voices/a-lot-on-your-plate/\)](https://spunout.ie/voices/a-lot-on-your-plate/) or wherever you get your podcasts: <https://tr.ee/i7xZ1mritD> (<https://tr.ee/i7xZ1mritD>)

‘A Lot on Your Plate’ is hosted by Sanaa El Habbash, 25, the creator of Susu’s Kitchen, an Instagram page dedicated to Palestinian food, culture, and storytelling. The series offers a platform for young Palestinians to share their experiences and perspectives not just with food but also with art, education, community, and identity.

Against the backdrop of a world often focused on conflict, ‘A Lot on Your Plate’ shifts the lens to personal narratives and the richness of Palestinian culture. This series was born from our spunout **Action Panel members** (<https://spunout.ie/about/the-action-panel/>) asking to hear directly from young Palestinians about their experiences, their culture, and what matters most to them. Through intimate conversations, the podcast highlights the stories of young people navigating life in Ireland while staying connected to their Palestinian heritage.

A space to share what matters

Each episode of ‘A Lot on Your Plate’ features guests who bring their own lived experiences and insights:

In episode one, Raghad Abu Shammala, 29, explores the importance of community, cultural traditions, and identity. Raghad reflects on their journey from a refugee camp in Gaza to studying in Ireland on the Irish-Palestine scholarship. They discuss the significance of shared meals in both Palestinian and Irish hospitality and the visible support for Palestine in everyday life.

Episode two follows 23-year-old Shahd Al-Modallal’s story of rebuilding her business, Molhem, after being displaced from Palestine, navigating challenges with resilience and community support. She highlights the role of Palestinian art in preserving identity and calls for continued solidarity, encouraging people to support Palestinian businesses and advocacy efforts.

A conversation with heart

Host Sanaa El Habbash, the creative force behind Susu’s Kitchen, is bringing warmth and authenticity to the series. Sanaa uses food and art to stay connected to her heritage and share her culture with others.

Speaking about the podcast, Sanaa shares:

“As a host, I was deeply moved by the vulnerability and strength these women brought to the conversation, and I hope that by sharing their stories, we can help build a greater understanding and appreciation for the Palestinian experience.

“‘A Lot on Your Plate’ is not just about food — it’s about the stories that are carried through it, and the incredible journeys that shape the people behind those stories.”

‘A Lot on Your Plate’ is a celebration of Palestinian culture, resilience, and community. The podcast offers listeners, both Palestinian and non-Palestinian, a window into the lives, dreams, and everyday realities of young Palestinians in Ireland.

Where to listen

The first episode of ‘A Lot on Your Plate’ is available now at spunout.ie/aloyp (<https://spunout.ie/voices/a-lot-on-your-plate/>) or [Spotify](https://tr.ee/i7xZ1mritD), [Apple Podcasts](https://tr.ee/i7xZ1mritD), and all major podcast platforms (<https://tr.ee/i7xZ1mritD>) : <https://tr.ee/i7xZ1mritD> (<https://tr.ee/i7xZ1mritD>)

Follow @spunout.ie (<http://spunout.ie>) on Instagram and TikTok to stay connected for updates, and behind-the-scenes content.

Region

Nationwide

'A Lot on Your Plate' (<https://spunout.ie/voices/a-lot-on-your-plate/>)

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