

Cooking up Missions Mission Project

Project

Children will collect food to give to needy people in the community. Children will plan specific meals for people and will provide every ingredient needed to make an entire family meal. Children will write out recipe/salvation cards to include with the food.

Pray

Pray that children will become aware of people in need in their community. Pray that the people who receive the food will be blessed by the food. Pray that people will read and understand the recipe/salvation cards and will be saved. Pray that your church will welcome new people who may attend your church because of the generous food donations.

Prepare

- Gather recipe books, index cards, markers, and brown grocery bags.
- Talk with your pastor or local associational missionary to locate families in need. Confirm addresses and number of people in the family, if possible.
- Print out the Cooking up Missions Sample Menu (Item 1), Ingredients to Purchase Master List (Item 2), and the Shopping List (Item 3).
- Gather a hole punch and ribbon or yarn for the recipe tags.
- Make several copies of the Cooking up Missions Permission Slip (Item 4).

Participate

- Bring in several recipe books to show the children. Introduce the mission project by asking the children to name their favorite meals. Ask them to think about nutritious meals that include a variety of types of food. Then, ask children to think about what it would be like to not have enough money to buy that particular food. Explain to children that many families in their community need more food.
- Tell the children how they will help to collect food for people. Share how they will pick a dinner menu, including one meat entrée, one vegetable, one starch, one bread, and a dessert. Explain how they will then list out all of the ingredients needed to make the meal. Share how they will ask church members to donate the food items. Once all of the items have been collected, children will assemble and deliver the food.
- Ask children to decide upon a menu or use the sample menu provided. Guide children to write the dinner menu on one index card. Show them how to copy each recipe onto a separate recipe card. Each completed menu should include six cards: menu, meat, vegetable, starch, bread, and dessert. See the Cooking Up Missions Sample Menu (Item 1) as an example.
- Guide children to think about something about Jesus they could put on the back of each recipe card. Encourage them to write a Bible verse or the ABCs of salvation.
- Make one copy of the Shopping List (Item 3) for each necessary item. If you use the Sample Menu, make 18 copies of the list. Ask children to transfer one ingredient on the top of each Shopping List before the words “for Cooking Up Missions.” When completed, the first list would read “salt for Cooking Up Missions” the second would read “pepper for Cooking Up Missions” and so forth. Guide children to also fill in the date on each list. Cut out the 18 Shopping Lists.

- Ambitious groups may also ask for the supplies to be donated as well. Make additional copies of the Shopping List and write down the supplies such as a 9 x 13" pan, muffin tin, or bowls. See the recipes for a complete list (optional).
- Ask children to make a sign that reads "Cooking Up Missions" on a large piece of paper. Attach the Shopping Lists around the sign with sticky tack or something easy to remove.
- Guide children to write the non-perishable items with a marker on a brown grocery bag. Ask them to place an empty box next to the item to make a checklist. Use as many bags as may be necessary to collect the necessary ingredients for the meal. Place the empty brown grocery bags near the Cooking Up Missions sign.
- Invite church members to choose one or several Shopping Lists to take home. Ask them to shop for the item and return it to the church. Guide them to remove the list with the item they will purchase from the sign and to add their own personal shopping items to the list.
- Ask church members to place the purchased items in the brown grocery bags and to check off the item once they put it in the bag.
- Designate an area in a church refrigerator where the perishable items may be collected. If you do not have access to a refrigerator, bring an ice chest full of ice for the items. Be aware of safety precautions and do not allow the items to warm to room temperature.
- When all of the items are collected for an entire meal, ask children to pack the food in the bags or a cardboard box.
- Guide children to attach the menu card and the recipe cards onto the brown bags. Ask them to punch holes in the cards and tie them onto the bag with ribbon or yarn. Place information about your church and upcoming family events in the bags, as well.
- Set a designated time to deliver the food to the family. Ask children to carry the food to the door and ring the doorbell. Guide them to talk to the family. Encourage them to cheerfully give the food to the family. Allow children to point out the recipe cards on the bags. End the conversation by telling the family that Jesus loves and cares for them.

Praise

- Pass out blank index cards and ask children to write down something they learned from the Cooking up Missions mission project. Guide them to write down the name of the family with whom they shared the food. Encourage them to use the card as a reminder to pray for the family.
- Guide children to be friendly and introduce themselves again to the family if they visit the church.
- Evaluate the Cooking up Missions mission project with the children. Ask them to think of the positive aspects of the project. Encourage them to think of things to improve if the project is done again.
- Send an update to the North American Mission Board on the results of the Cooking Up Missions mission project. Email correspondence, as well as photographs of the children engaged in the project, to children@namb.net for possible publication.

Cooking Up Missions Sample Menu (Item 1)

Oven-Fried Chicken

Ingredients:

- 4 pieces of chicken
- 2 tablespoons melted margarine or butter
- 2 beaten eggs
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cups bread crumbs

Supplies:

- 9 x 13" pan
- 2 bowls

Directions:

- Pour margarine or butter into a 9 x 13" baking pan.
- Combine egg, salt, and pepper. Dip chicken into egg mixture.
- Coat with bread crumbs and place in pan.
- Bake in a 375 degree oven for one hour or until chicken is cooked all the way through.

Green Beans

Ingredients:

- 2 tablespoons butter
- 2 pounds fresh green beans, trimmed and cut into 1" lengths
- 8 slices bacon
- ground pepper

Supplies:

- large skillet
- medium pot

Directions:

- In a large skillet, melt the butter and add the bacon. Fry the bacon until crispy and set aside.
- In a medium pot, bring water to a boil. Add the beans and boil for 10 minutes. Drain the beans and add them to the skillet with the bacon and butter.
- Toss and heat until well coated. Add pepper to taste.

Mashed Potatoes

Ingredients:

- 6 medium baking potatoes
- 4 tablespoons margarine or butter
- 4-6 tablespoons of milk
- salt to taste
- pepper to taste

Supplies:

- potato peeler
- medium pan
- potato masher or electric mixer
- bowl

Directions:

- Peel and quarter potatoes. Cook in a covered pan in a small amount of boiling water for 20-30 minutes or until tender. Drain all excess water.
- Mash potatoes with a potato masher or electric mixer on low speed.
- Add margarine or butter.
- Season to taste with salt and pepper.
- Beat in enough milk to make light and fluffy.

Popovers

Ingredients:

- nonstick spray coating
- 4 beaten eggs
- 2 cups milk
- 2 tablespoons cooking oil
- 2 cups all-purpose flour
- ½ teaspoon salt

Supplies:

- muffin tin or popover cups
- bowl
- whisk
- fork

Directions:

- Spray muffin tin with nonstick coating.
- Use a whisk to beat the eggs, milk, and oil until combined. Add flour and salt and beat until smooth.
- Fill the cups half full of batter. Bake in a 400 degree oven for 40 minutes or until very firm.
- Immediately after removing from the oven, prick each popover to let steam escape.

Banana Pudding

Ingredients:

- 1 large box (5.9 oz.) instant vanilla pudding mix
- 2 cups milk
- 1 can sweetened condensed milk
- 2 containers (8 oz.) whipped topping
- 4 bananas
- 1 box vanilla wafers

Supplies:

- bowl

Directions:

- Mix pudding and milk.
- Add condensed milk and fold in whipped topping.
- Layer mixture with bananas and vanilla wafers.

Ingredients to Purchase Master List

Ingredients to Purchase:

Non-perishable:

- salt
- pepper
- bread crumbs
- fresh green beans (2 pounds)
- medium baking potatoes (six)
- nonstick spray coating
- cooking oil
- all-purpose flour
- large box (5.9 oz.) instant vanilla pudding mix
- 1 can sweetened condensed milk
- 4 bananas
- 1 box vanilla wafers

Refrigerated:

- 4 pieces of chicken
- 1 container or package of margarine or butter
- 1 dozen eggs
- 1 pound of bacon
- 1 gallon of milk
- 2 containers (8 oz.) whipped topping

Cooking Up Missions Shopping List



Shopping List

for Cooking up Missions
(please return by)

Cooking Up Missions Delivery Permission Slip

I allow my child(ren) to go off the church premises to deliver food to the designated family(s) in conjunction with the Cooking up Missions project. I allow my child to travel to and from the areas in an adult sponsor's vehicle. I allow my child to speak with the families with the supervision of the sponsor.

Name of child(ren): _____

Signature of Parent Phone number Date

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