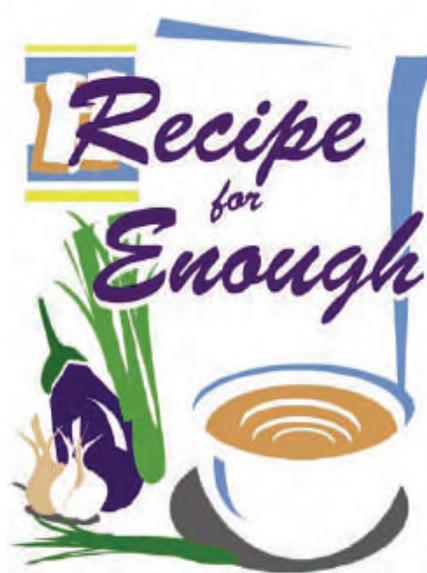




# RECIPE FOR ENOUGH



# Recipe Book



The Oregon-Idaho Annual Conference  
The United Methodist Church



# Recipe for Enough

## RECIPE BOOK

### Introduction

This cookbook, written for local churches, contains recipes for many projects and ministries related to the elimination of hunger in Oregon and Idaho. All of these recipes are easily adapted to individual church meal plans.

The cookbook is divided into three categories:

#### **Appetizers:**

*Activities that will help your congregation build enthusiasm for fighting hunger in your community.*

#### **A la Carte Items:**

*The main courses for hunger ministries—the “meat” of our efforts.*

#### **Desserts:**

*Going the extra mile.*

### Share your recipes

As you look through these recipes and start putting them to use, you will probably “cook up” some to your own church’s taste and appetite. Please share your ideas with other churches around the Conference. Submit your ideas to Gayle Woods, co-chair, Task Force for the Bishop’s Initiative to Eliminate Hunger, at [gaylewoods5964@msn.com](mailto:gaylewoods5964@msn.com).

### Share your stories

Bishop Bob Hoshibata would like to hear your opinions about “Recipe for Enough” and how your church responds. Email him at [bishop@umoi.org](mailto:bishop@umoi.org).

Good cooking!



# APPETIZERS

## Research

*Learn about hunger in your state or area.*

**Submitted by: Task Force**

**Serves: Hungry People**

Food pantry

Food bank

Local hunger advocates:

Idaho Interfaith Roundtable Against Hunger ([www.iirah.org](http://www.iirah.org))

Oregon Faith Roundtable Against Hunger ([www.ofrah.org](http://www.ofrah.org))

Health and Welfare—food stamps, Special Supplemental Nutrition Program for Women, Infants and Children, etc.

Local meals program volunteers

Summer feeding program providers



# APPETIZERS

## Hunger Awareness Sunday

*Plan a special day to feature pictures and stories of people in need.*

**Submitted by: Task Force**

**Serves: Hungry People**

Invite a guest speaker to address the root causes of hunger.

Show a PowerPoint presentation revealing statistics related to hunger in your state (available through the Bishop's Initiative website).

Gather pictures and stories of children and adults in need.

Take a collection for the "Change Hunger Fast" offering at Annual Conference.

View a food stamp video.



# APPETIZERS

## Food Drive

*Donate food to the nearest food pantry.*

**Submitted by: Task Force**

**Serves: Hungry People**

- Contact a food pantry in your community to determine its greatest needs.
- Organize a food drive within your congregation or partner with other churches or organizations to sponsor a drive.
- Set a goal.
- For creative and fun ideas, go to:
  - ◇ <http://communityfoodbank.com/get-involved/donate-food/food-drive-ideas/>
  - ◇ [http://www.palatinetownship.com/Food\\_Drive.htm](http://www.palatinetownship.com/Food_Drive.htm)
  - ◇ <http://www.akroncantonfoodbank.org/content.cfm?id=2004>
  - ◇ [http://www.oregonfoodbank.org/events\\_and\\_food\\_drives/food\\_drives/fun\\_ideas.html](http://www.oregonfoodbank.org/events_and_food_drives/food_drives/fun_ideas.html)



# APPETIZERS

## Pray

*Be in prayer for those who are hungry and for those who are working to eliminate hunger*

**Submitted by: Task Force**

**Serves: Hungry People**

- Pray each week during worship for those who are hungry, for those who provide your food, and for those working to eliminate hunger.
- Ask the members of your congregation to pray for the hungry at every meal.
- Start a discussion about what your congregation feels God is saying to them through this time of prayer. Is your church being called to respond?



# APPETIZERS

## Ethnic Needs

Learn about the diets of ethnic groups in your community.

**Submitted by: Task Force**

**Serves: Hungry People**

Many ethnic food preferences differ considerably from the standard “American” diet. Learn about the preferred foods of ethnic groups in your area. Look for ways to meet those needs through contributions to food drives, food pantries, or as part of a community meals program.

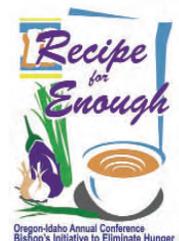


# APPETIZERS

## Placeholder

**Submitted by: Task Force**

**Serves: Hungry People**



## DIRECT SERVICE

### Meals Program

*Make an ongoing commitment. Sit with the guests and learn their stories.*

**Submitted by: Task Force**

**Serves: Hungry People**

Contact community meals programs to learn about their needs. Find out how your congregation can help extend their ministry. Would they benefit from additional volunteers to support their program or could your congregation extend the services already provided? If so, develop a cadre of regular volunteers and make an ongoing commitment.

Above all, welcome those you feed as guests. Sit and eat with them. Learn their names and their stories.



## DIRECT SERVICE

### Food Pantry

*Find volunteers and make a commitment to serve regularly.*

**Submitted by: Task Force**

**Serves: Hungry People**

Learn about existing food pantries in your community and needs and limitations they have. Are they in need of volunteers? Are they able to meet existing community needs? How can your congregation be of the most assistance?

Are existing pantries unable to meet the growing need, or do they place severely limiting restrictions on who may receive food and how often? If so, is your congregation prepared to start a food pantry ministry? Your state or area food bank can guide you in the process. Additional assistance may be found at:

<http://www.marionpolkfoodshare.org/index.php?CategoryID=16>

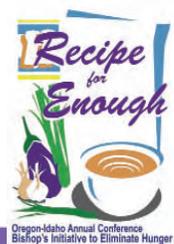
[http://www.worldhungeryear.org/get\\_active/food\\_pantry.asp](http://www.worldhungeryear.org/get_active/food_pantry.asp)

<http://www.cofchrist.org/hunger/pantry/default.asp>

<http://www.navpress.com/EPubs/DisplayArticle/1/1.27.6.1.html>

<http://www.springwellofhope.org/outreach/foodpantry.html>

[http://www.foodbankcentralflorida.org/PDFs/Starting\\_a\\_Pantry.pdf](http://www.foodbankcentralflorida.org/PDFs/Starting_a_Pantry.pdf)



# DIRECT SERVICE

## Community Meals Program

*Partner with another denomination and work together to fill a need.*

**Submitted by: Task Force**

**Serves: Hungry People**

Examine the needs in your community. Are there existing meals programs? If so, do they leave a gap that could be filled by your church? Look for areas of greatest need, keeping in mind times when needs are at a peak; e.g., the last week of the month when people are waiting for paychecks.

Determine how great a commitment your church is prepared to take on.

Questions to ask include:

- Does your congregation already have fellowship around food? If so, how can you open the meal to those outside the congregation who may be hungry?
- Will you begin a new meals program to fill an existing void?
- Is there another congregation or several other churches, possibly of other denominations, that you could partner with to start a meals program?
- Where will you serve the meals?
- How often?
- Who will prepare them, serve and clean up?
- How will you pay for the food? (*You may consider partnering with a local food bank, pantry, care agency, grocery store or business. If you partner with the Idaho Foodbank, you must become a member of the food bank which requires a small amount of paperwork, but provides an avenue for less expensive food and a place to store food somewhere other than your church.*)

Once you've decided how and when you will provide meals, advertise through local care agencies, senior centers, food pantries, newspapers, community access channels, etc.

When you provide meals, encourage members of your congregation to be on hand to eat with the people you are feeding and listen to their stories. It will give your members an opportunity to get to know the real, human faces of hunger and to take their stories back to your congregation. It's also a great way to share through example the good news of Jesus and his life-changing ministry.



## DIRECT SERVICE

### Additional Service

*Extend the hours or days a pantry is open or make deliveries to homebound.*

**Submitted by: Task Force**

**Serves: Hungry People**

Most food pantries are open very limited hours; this may not allow working families to access needed food. Contact your local food pantry and investigate opportunities to provide volunteers to help staff the pantry, allowing pantries to extend their hours. Are there elderly or disabled persons who are unable to get to the pantry? Would it be possible to transport them to and from the pantry or to make deliveries to their homes?



## DIRECT SERVICE

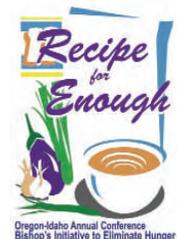
### Brown Bag Lunches

*Many feeding sites are closed on weekends. Fill the gap with sack lunches.*

**Submitted by: Whitney UMC, Boise**

**Serves: Hungry People**

Assess the need for weekend feeding in your community by talking to local care agencies and pantries/food banks. Start out small to determine the workability and delivery options; e.g., your church, a local park, a care agency, etc. After you establish the need, you may want to consider partnering with a local food bank, pantry, another church or grocery store. If you want to partner with the Idaho Foodbank, there is a small amount of paperwork involved, but food can be provided less expensively. Consider putting caring messages in the bags or having Sunday school children decorate the outside of the bags. Learn about how Whitney UMC provides brown bag lunches on Saturdays by going to [http://www.whitneychurch.com/ministries/saturday\\_lunches/](http://www.whitneychurch.com/ministries/saturday_lunches/).



## DIRECT SERVICE

### Deliver Lunches

*Children in rural areas may not be able to get to a summer or holiday feeding site.  
Find a way to bring the meals to them.*

**Submitted by: Task Force**

**Serves: Hungry People**

Participation in summer breakfast and lunch programs is much smaller than participation in free and reduced-lunch programs during the school year. Some children live too far to walk and are unable to find transportation to the feeding site. Check with the school district or other meals provider to find out if it would be possible to deliver meals or offer sack “lunches” at satellite locations.



## DIRECT SERVICE

### Provide Rides

*Pick up people and drive them to a meals program, food pantry or farmers' market.*

**Submitted by: Task Force**

**Serves: Hungry People**

Go to area care agencies to see if there is a need to transport people to meals programs, food pantries or farmers' market. Determine days and times when drivers are needed most. Find volunteers who have good driving records and who are dependable. Advertise this service through local care agencies and pantries. Where possible, use a vehicle that is insured through the church such as a church van.



## DIRECT SERVICE

### Nutrition Classes

*Partner with the extension service to teach individuals how to plan and prepare nutritious meals.*

**Submitted by: Task Force**

**Serves: Hungry People**

Many young parents lack the training and skills to provide nutritious meals for their families. This is especially challenging when trying to extend a limited income, live on a food stamp budget, or use the foods provided by food pantries. Classes may be available through your county extension agency. Contact them and the food bank serving your area to find out about the needs in your community. Your church may even be able to offer your facility to hold some of the classes.

Find volunteers who have some background in nutrition; e.g. home economics teachers, retired nutritionists, retired nurses, or the experienced cooks in your congregation and offer assistance in teaching nutrition classes through the county extension agency or food bank. Provide childcare for parents participating in the classes.



## DIRECT SERVICE

### Migrant Meals Programs

*Become involved in or begin a meals program for migrant workers in your community. Offer child care programs.*

**Submitted by: Task Force**

**Serves: Hungry People**

Contact your area migrant council. Establish if there is a need in your community for a migrant meals program. If there is a program, offer to provide volunteers to help. Find out what days and times the program needs volunteers and find people willing to help. Where possible, provide people who can speak the language of the people receiving the service. If there isn't a meals program, find out when meals are most needed. You may want to partner with another church or care agency and pool resources.

Another much needed item you might provide is childcare especially when school is not in session. By coordinating community resources, you may be able to offer programs to help children retain or increase their academic skills as well. Consider story times, art programs, science activities and organized recreation.



## DIRECT SERVICE

### Weekend Backpack Program

*Begin a program to provide food for students and their families over the weekend.*

**Submitted by: Task Force**

**Serves: Hungry People**

For families that rely on free or reduced breakfast and lunch on school days, weekends can be a very hungry time. Check with your local school district to determine if there is already a weekend backpack program in place that provides children in need with a backpack filled with six meals every Friday so that the child can eat over the weekend. If there is a backpack program in place, check to see if your congregation can provide volunteers to stuff the backpacks each week or if, with your help, the program can be expanded. Your congregation might also offer to donate some new backpacks to the project so more people can be fed.

If there isn't a program already in place, you can partner with the local extension of your state food bank and school district to start one. The school building must be identified as a Title I school in order to use the program. You might also look at involving other congregations to help carry the load of this project.



## DIRECT SERVICE

### Senior Citizens

*Work with a local senior agency to provide custom food boxes the last week of the month when Social Security checks may have run out.*

**Submitted by: Caldwell UMC**

**Serves: Hungry People**

Seniors who rely on Social Security checks may find that they do not stretch far enough to last the entire month—and they may have difficulty buying nutritious food by the end of the month. They may also have special dietary needs.

Contact your local area center on aging or other similar organization. Ask if there is a need your church can help fill. Then each month, get the name or names of seniors and their particular dietary needs. Prepare a box or boxes to return to the agency for delivery to recipients. For more information, contact Caldwell UMC at 208-459-7436 or [office@caldwellumc.com](mailto:office@caldwellumc.com).



## **DIRECT SERVICE**

### **Feed Volunteers**

*Provide a meal or other support to workers at a free clinic or shelter.*

**Submitted by: Task Force**

**Serves: Hungry People**

If there is a clinic in your area providing free or reduced-cost medical services to those in need, show your support for the work they do by providing an occasional lunch, coffee and homemade dessert or other treat for the staff. Do the same for a local homeless shelter staff.



## **DIRECT SERVICE**

### **Nutrition Programs for Kids**

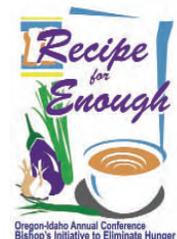
*Summer and holiday lunches, snacks and dinners may be fully reimbursable through the Federal USDA Child Nutrition program.*

**Submitted by: Task Force**

**Serves: Hungry People**

Many children are hungry over school holidays and summer vacations. Check with local school districts about the possible need for a summer and holiday nutrition program for kids to provide lunches, snacks and even dinner. The program may be fully reimbursable through the Federal USDA lunch program. In Idaho, contact the Idaho Department of Education at 1-800-377-3529. In Oregon, contact the Oregon Department of Education at 503-947-5893.

You could also write a grant to fund your project and partner with a local food bank or pantry to help put the program together.



## DIRECT SERVICE

### Community Garden

Provide space for low-income families living in apartments to grow their own food.

**Submitted by: Hillview UMC, Boise**

**Serves: Hungry People**

Assess the need in your community:

- Are there apartments or mobile home parks that provide low-income housing?
- Is there a refugee population that would enjoy producing their own food?

Consider the following:

- Does your church have property that could support a garden?
- Would you provide the space for others to garden, or would congregation members do the gardening and donate the produce?
- Is there a community agency that might help locate gardeners?
- Is water available?

For additional information, contact Gayle Woods at [gaylewoods5964@msn.com](mailto:gaylewoods5964@msn.com).



## DIRECT SERVICE

### Name of Recipe

*Short description.*

**Submitted by: Name**

**Serves: Who?**

Ingredients and instructions



## ADVOCACY

### Speak Out for Justice

*Speak out to address current issues concerning hunger. Correct myths.*

**Submitted by: Task Force**

**Serves: Hungry People**

Become better educated about the root causes of hunger in Idaho and Oregon. The website for The Bishop's Initiative to Eliminate Hunger ([www.umi.org](http://www.umi.org)) contains a bibliography of websites that can help you learn more or access specific information.

Share what you have learned with fellow church members, friends, family and anyone who will listen. Correct misinformation when you hear it. Don't allow myths to be perpetuated. Speak up.



## ADVOCACY

### Letters to the Editor

*Be a voice for those who are hungry.*

**Submitted by: Task Force**

**Serves: Hungry People**

Letters to the editor of your local newspaper can be an effective voice for injustice. A concentrated letter-writing campaign centered around a single issue will generate attention.

Some tips for effective letters to the editor:

- Be armed with facts.
- Stick to one point.
- Offer solutions rather than criticisms.
- Stay under the word limit set by your local paper.
- Avoid inflammatory language.
- Speak from your faith base.



## ADVOCACY

### Get Involved in the Solution

Attend a meeting or invite a representative from either the *Idaho Interfaith Roundtable Against Hunger* or the *Oregon Faith Roundtable Against Hunger* to speak

**Submitted by: Task Force**

**Serves: Hungry People**

Advocacy groups are working to address the root causes of hunger by changing the systems and laws that contribute to the problem. Two such groups are IIRAH ([www.iirah.org](http://www.iirah.org)) and OPRAH ([www.oprah.org](http://www.oprah.org)). Visit their websites. Learn about the current hunger-related issues in your state and their work to address those issues.

Contact one of these organizations or another similar organization to speak at your church and learn how you can get involved in being part of the solution.



## ADVOCACY

### United Methodist Women's Legislative Advocacy Days

*Get as many people as possible to participate in the annual UMW Legislative Advocacy Days.*

**Submitted by: Task Force**

**Serves: Hungry People**

Check the Oregon-Idaho Conference website ([www.umoi.org](http://www.umoi.org)) for information about legislative advocacy days in your state.

Legislative advocacy days are open to anyone. They provide training about the legislative process in your state, suggest the most effective ways to influence the legislative process, and highlight current social justice issues before the legislature.



## ADVOCACY

### Legislation

*Get to know your legislators; invite them to an informal gathering and talk with them about your concerns as a person of faith.*

**Submitted by: Task Force**

**Serves: Hungry People**

As long as a church does not endorse a particular candidate, political involvement related to issues of concern does not jeopardize a church's non-profit status. Our United Methodist Social Principles call us to be active participants in the political process, using our faith as a basis for studying issues.

When the legislature is not in session, invite your senators and representatives to an informal gathering. Learn about their concerns and share your commitment to the elimination of hunger. Ask how you can support their efforts.



## ADVOCACY

### Support Local Farmers

*Partner with a local farmer. Become involved with Community Supported Agriculture. Shop locally.*

**Submitted by: Task Force**

**Serves: Hungry People**

Hunger is greater in rural areas. Small farmers are finding it increasingly difficult to compete with corporate farms.

Churches can support local farms and farmers in several ways:

- Learn about issues of concern to local farmers.
- Provide a space for a "Farmers' Market."
- Buy "shares" in a farm's produce and collect when the harvest comes.
- Join a Community Supported Agriculture program. Share the bounty among several church families on Sunday morning.
- Make a commitment to buy local foods that are in season.
- Learn to appreciate the taste of fresh food that has been harvested at the peak of its flavor.
- Join with other families to purchase local meat if it is too much for one family.



# ADVOCACY

## Offering of Letters

*Organize an Offering of Letters or other letter-writing campaign.*

**Submitted by: Task Force**

**Serves: Hungry People**

As a congregation, study an issue related to hunger. Read or do the research necessary to learn the facts surrounding that issue. Focus on a particular action that would make a difference.

Designate one Sunday for the letter-writing campaign. Provide information sheets, sample letters, addresses for legislators (either local or national, depending on the issue), a variety of paper and tables for writing. Invite members to write a letter, address and seal it.

Gather all letters in a basket or offering plate. Before they are mailed, ask God to bless them and the people they represent.



# ADVOCACY

## Name of Recipe

*Short description.*

**Submitted by: Name**

**Serves: Who?**

Ingredients and instructions



## EDUCATION

### Share Experience

*Have volunteers at a food pantry or meals program share their experiences.*

**Submitted by: Task Force**

**Serves: Hungry People**

Invite volunteers, either from within your congregation or the community, to talk with a small group.

Ask them to share:

- How/why they became involved.
- What insights have they gained.
- How they have personally benefited from their experience.
- What particular need they see existing in your community.
- Ways the congregation could become involved.



## EDUCATION

### Study

*Organize a short-term study group to read and discuss a book about hunger.*

**Submitted by: Task Force**

**Serves: Hungry People**

**Possible titles include:**

*The End of Poverty: Economic Possibilities for Our Time.* Sachs, Jeffrey D. New York: Penguin, 2005.

*Love for the Poor.* Casey, Crossin, Crump, Grieb; Mitchell, Riggs for The National Council of the Churches of Christ USA. Cincinnati: Friendship Press, 2005.

*A Blueprint to End Hunger.* Brewer, Brown, Bunch, Dean, Doran, O'Brien, Parker, Prendergast, Schokman, Vollinger. The National Anti-Hunger Organization, 2004.

*Ending Hunger Now.* McGovern, Dole, Messer. Minneapolis: Fortress Press, 2005.

*From Columbus to ConAgra: The Globalization of Agriculture and Food.* Bonanno, Alessandro, Lawrence Busch, William Friedland, Lourdes Goveia, and Enzo Mingione, eds. Rural America series. Lawrence.



## EDUCATION

### Listen

*Hear the stories of the people you serve in feeding programs and share those stories with your congregation and community.*

**Submitted by: Task Force**

**Serves: Hungry People**

After you have served your guests, sit with them and listen to their stories if they are willing to share. Ask what else they need or what changes would be most helpful for them. Learn to suspend judgment, to listen without offering solutions. Remember that each person's experience is unique.

With their permission, share their stories (anonymously, of course, unless they indicate otherwise) so others may learn about the realities of hunger.



## EDUCATION

### Myths

*Dispel myths. Invite a speaker from Health and Welfare to talk about the Food Stamp program.*

**Submitted by: Task Force**

**Serves: Hungry People**

Become educated about the realities of hunger and food insecurity in your state/community.

- The greatest increase in hunger is among the working poor.
- Most jobs do not pay a "living wage," a wage that allows a family to meet basic needs without government assistance and with some ability to plan for the future and to handle emergencies.
- In Idaho, over 70% of those receiving food stamps need to supplement their monthly allotment.
- Increasingly senior citizens are relying on food pantries and other services.
- Read, research, invite knowledgeable speakers to share what they have learned. Talk with fellow church members, friends, family and neighbors. Correct misinformation whenever you hear it.



# EDUCATION

## Food Stamp Challenge

*Live for a week on \$1.03 per meal per person.  
Join the Challenge in October 2008*

**Submitted by: Task Force**

**Serves: Hungry People**

The average food stamp benefit is \$1.03 per meal per person. Assume you are beginning with only the most basic condiments. Plan, shop for, prepare and eat a week's worth of meals spending no more than that amount.

Reflect on the experience with others who also participated. What were the hardest challenges? How would (or did) your experience differ if you had special dietary needs or restrictions? Work more than one job? Have limited access to transportation and/or affordable grocery stores?



# EDUCATION

## Name of Recipe

*Short description.*

**Submitted by: Name**

**Serves: Who?**

Ingredients and instructions



## DESSERTS

### Lift up the Hungry

Regularly pray for the hungry and those in need during worship and listen for how God would have you respond.

**Submitted by: Task Force**

**Serves: Hungry People**

Make prayer for those who are experiencing physical hunger a regular part of worship and fellowship activities. Ask for discernment in addressing the need.



## DESSERTS

### Bible Study

Consider how you are called to act in response to Christ's teachings and example.

**Submitted by: Task Force**

**Serves: Hungry People**

As you engage in both private and small group Bible study, look to the active example of Christ who healed, fed and spoke up for change in the systems that perpetuated injustice.



# DESSERTS

## Fast

Be in solidarity with those who are hungry.

**Submitted by: Task Force**

**Serves: Hungry People**

Many who are hungry or food-insecure regularly skip meals to stretch their food allotment. Whether you forgo a meal intentionally or because you are busy, focus on those who have no choice.



# DESSERTS

## Name of Recipe

*Short description.*

**Submitted by: Name**

**Serves: Who?**

Ingredients and instructions

