

AT HOME WITH...



FOOD SECURITY

***Aim:** To understand that living generously means sharing our resources so that everyone has enough.*

Bible Background

‘Yes, you will be enriched in every way so that you can always be generous.’ 2 Corinthians 9:11 (NLT)

In the Bible we are told that we ‘will always be rich enough to be generous’ (NEB). It doesn’t matter how much or how little we have to start with, but what matters is what we do with it. Everything we have received has come from God. God has been very generous to us and it is up to us to be generous to others.

We are not supposed to keep to ourselves the good things we have, but we are blessed so that we can be a blessing. We are called to share what we have and to do so cheerfully, as it says in 2 Corinthians 9:7, ‘God loves a cheerful giver’ (NIV).

Activities:

1. World Food Map

Have people colour in the different foods you have printed out. Then see if they know or can guess where the food is grown by plotting them on the world map (put the answers in an unsealed envelope).

You will need: A3 print-out of world map (found online), printed foods for the children to colour (found online), colouring materials, envelope containing list of where the food could have been grown.

Talk about: What an amazing selection of food we have available from around the world, and that when we see or taste this food, it’s good to thank God for the variety that is available, and also to pray for the farmers who work hard to produce it. We can also pray for those who don’t have as much as we do.



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2. Edible Lunch Basket

Hollow out the bread roll to make a 'basket'. Older people could carefully leave a bread 'handle' if desired, picking out the bread underneath it. In the hollow, put five pretzels to represent the loaves and two 'fizzy fish'.

You will need: good-quality puffy bread rolls (not flat ones); small, plain pretzels; 'fizzy fish' sweets; knives

Talk about: How easy is it to share what we have, even if we were given it as a gift in the first place?

3. Healthy Eating Rainbow

Print out photographs of foods that are the colours of the rainbow and place them in bowls. Get people to draw and colour in a rainbow on a sheet of A3 paper. Each person then glues the food pictures on to the matching colour arch (eg, stick the strawberry on the red arch).

You will need: pre-cut photos of foods, sheets of A3 paper, colouring materials, glue.

Talk About: Making sure we get a balanced diet is important to helping us grow up strong and healthy. Nutrition experts encourage us to 'eat the rainbow' – this means eating lots of different foods which are different (natural) colours to help us get the different vitamins and minerals we need. Some people do not have enough to fill their tummies, let alone getting the nutrition they need.

4. Cress Heads

Decorate an empty eggshell or clean yoghurt pot with a face, fill with cotton wool and sprinkle with cress seeds. (Eggs will need some support, eg, a section of an egg box).

You will need: Empty eggshells or clean yoghurt pots, section of an egg box, cotton wool, cress seeds, googly eyes (optional) and felt tipped markers.



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4. Cress Heads (continued)

Talk about: The cress heads will need to be watered, tended and nurtured in order to grow. That this is like us in our relationship with God: we need to pray, worship, read our Bible and spend time with God in order for our spiritual lives to grow. What might this look like in our lives?

5. Healthy Bodies

Label different coloured paper or mats on the table with food groups (eg, carbohydrates, protein etc) and a selection of healthy foods. Ask people to put each food on to the correct paper/mat for its food group (eg, bread on carbohydrates mat).

You will need: Coloured paper or mats for different food groups, information on how those food groups act as fuel for our bodies.

Talk about: All the different foods help our bodies in different ways and help us grow. We all have different gifts and skills, but together we make up the family of God. The Church can only grow when we all contribute and work together (see Romans 12:4-8).

6. The Very Hungry Caterpillar

Have a copy or preferably a few copies of this story available for people to read. There could be readings of the story at timed intervals.

Have people blob different coloured paint on to one side of a piece of A4 paper and then fold over and press down. Open it up and there will be an image of a butterfly. These can then be cut out and hung.

You will need: Copies of The Very Hungry Caterpillar, paint, A4 card, newspaper for the table, bowl and washing-up water, paper towels, aprons, Enriching Lives leaflet.

Talk about: The hungry caterpillar was able to grow and change through eating different kinds of food. Which foods were good and which not so good? Eating the right kinds of food is important; at the end of the story, eating a leaf helped the caterpillar feel just right. Was he being greedy?



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6. The Very Hungry Caterpillar (continued)

God has put good food on this earth for us all. There is enough food for people's need but not greed. Read up about moringa leaves.

Celebration

Songs:

SoF 550 'The feast is ready to begin (The trumpets sound)' – Graham Kendrick

SoF 1775 'Indescribable' – Laura Story

'Thank you, Lord, for this new day'

Prayer time

Prayer caterpillar: Give each person a card circle (perhaps in green or yellow) and ask them to write a prayer on it. When they have written their prayer, get each person to stick their circle on a large sheet of paper at the front, together creating an image of a caterpillar. The leader can add a face when everyone has added their prayer circle and then say a final prayer for everyone.

Food

Why not have a selection of healthy foods (fruit, vegetables, rice etc) to show the importance of a balanced diet? Choose British or Fairtrade produce where possible. If they are able, perhaps people could bring something healthy and homemade to share too.

Takeaway Activities:

- Grow and sell your own fruit and vegetables and donate the money raised to our international food security projects
- Organise a Safari Supper. Arrange a three- or four-course meal with a different person hosting each course at their home, and charge an entrance fee. (think about how you could do this virtually)
- Give something up – Be sponsored to give up sweets, crisps or chocolate (or some other unhealthy snack) and donate the money to our international food security projects. You could even donate the money you would have spent on those snacks!



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Takeaway Activities: (continued)

- Use the grocery resources at the toddler group: see if the children can sort them into colours or fruit and veg types – they could be sponsored a penny or 5p per correct sort. You can be really flexible with this – they can still get the penny or 5p even if they get it wrong.
- Start a Gardening Club – If time and resources are available, have a team member run a small-scale garden project to teach children how to plant, grow and harvest food.

