

The Team Kitchen

The Mission would like to thank you for your participation on this mission trip to Central America. The meals served while on the field play a major role in your team's ability to effectively reach the people of Central America. Team members are often greatly encouraged by the atmosphere created in the kitchen and eating area during mealtime. Meals and snack times are the few times during the day that team members can leave their position, so it is very important that these times be as refreshing and enjoyable as possible.

A Central American national will be assigned to help you in the field kitchen. You will want to ask the Team Captain to assign two or more team members to help in the kitchen full time. On the following pages, you will find information that we hope will help you make the team kitchen an enjoyable experience for everyone on your team. Please do not hesitate to contact the BMDMI Team Activities Office if you or your Team Captain has any questions about this information. You may contact Jane Stansell or Will Holder at 601-544-5007 or by email at jane@bmdmi.org or will@bmdmi.org.

SCHEDULE OF MEALS

Following is a basic outline of the meal schedule. You will notice that some of these meals will be provided by the Mission, namely the meals that you have while your team is at the Mission Home before you travel to your assigned village and after you return. Your team will be responsible for planning, purchasing, shipping, and preparing all the meals that your team will eat while in your assigned village. *****If you are taking a team to Honduras, the Mission can provide one night meal for your team on the field if you would like. This meal consists of "grilled" steak, a baked potato, and slaw. Fresh fruit can be added. If you want other vegetables, a dessert, etc., you will be responsible for purchasing those items. Please notify the TAD if you wish to have this meal while in the village.***

DAY ONE (travel day to Central America)

Supper: Served by BMDMI at the Mission Home

DAY TWO (travel day to your assigned village)

Breakfast: Served by BMDMI at the Mission Home before traveling

Lunch: Sandwiches either enroute or at village site upon arrival*

Supper: Team meal in the village

*The lunch meal on Day Two may have to be eaten on the road or prepared quickly once you get to your assigned village. Therefore, it's best to plan a meal that does not need to be cooked. **If you want to prepare sandwiches for this meal and would like for the Mission to purchase sandwich materials for you in Central America, just let your Team Captain know to inform the Team Activities Office.** The team will be responsible for preparing the sandwiches the night before and packing them in ice chest for travel day.

DAY THREE

All three meals in the village

DAY FOUR

All three meals in the village

DAY FIVE

All three meals in the village

DAY SIX (return to the Mission Home)

Breakfast: Light breakfast served in field (Poptarts, Cereal, etc.)

Lunch: Sandwiches** either enroute or at Mission Home***

Supper: Served by BMDMI at the Mission Home

**Teams are responsible for purchase & preparation of this meal.

***Some teams may choose to work part of the day in the village on Day Six. If so, the lunch meal for Day Six may be served in the village before leaving to return to the Mission Home.

DAY SEVEN

Breakfast: Served by BMDMI at the Mission Home

Lunch: Eaten in a restaurant (hamburgers, pizza, chicken, etc.)

Supper: Served by BMDMI at the Mission Home

DAY EIGHT (travel day back to the United States)

Breakfast: Served by BMDMI at the Mission Home

All the meals prepared by our Mission at the Mission Home are prepared by BMDMI staff, and there is no need for you to assist. Rest and enjoy being with your team!

PLANNING YOUR MEALS

Working with your team captain and other kitchen team members, decide on a menu for the meals that you will be preparing in the village. Some teams like to keep meals simple while others put a lot of time and effort into the preparation. Our advice to you is to prepare meals that your team will enjoy, that are filling, and fairly easy to prepare. While we encourage our teams to provide good tasting food, we do not recommend that you try to make every meal a culinary show piece! You will not be able to get everything done that you need to in the time that you have. You can ask the BMDMI Team Activities Office to send you a list of suggested menus if you need ideas to get started.

Please be aware that you will be feeding more than just the members of your team while in the village. You will also be responsible for feeding the Mission personnel, translators, bus/truck drivers, and village helpers who assist you during the days in the

village. **This can account for any where from 30 to 50 more people in addition to your team members. Talk with your team captain now about how many additional people will be eating with your team. If you have any questions about this number of additional workers, please contact the BMDMI Team Activities Office.** Take this elevated number into account as you plan and purchase items for the meals and other supplies, e.g. toilet paper, paper products, etc.

If your team has a construction crew that is working in another village during the day, make plans to pack their lunch meal early in the morning for them to take with them. They will also need a garbage bag, toilet paper, a thermos of water and Gatorade, cups, and a roll of paper towels.

Teams usually take a 15 minute break a couple of times during the day to give workers a short rest. Some teams choose to provide snacks for the team and support personnel during these breaks. The team will be responsible for purchasing the snacks. These snacks can be set up in the kitchen or can be taken to the individual clinic/work sites so that team members don't have to leave their area.

Once you have your team menu completed, please be sure to provide a copy to the BMDMI Team Activities Office through your Team Captain. This will help our office know of any additional special items we may need to prepare for.

PURCHASING YOUR TEAM FOOD AND SUPPLIES

Once you have planned your menus, you will need to make a list of all the items you will need to acquire to prepare the meals. Each team has their own way of gathering the food and supplies that they will need on the field. Some teams purchase the food they need outright from the money the team has raised. Others make a giant list of needed foods and then ask for donations from church members, community members, etc. For the donation method, you would have to specify brands, sizes and quantities, or you may receive a lot of food you cannot use. You will also need to set a deadline for donations so that you can make purchases of the items you lack. How you choose to acquire your food is completely up to you.

Remember to purchase items that can be stored for a while since you will be shipping all your food and kitchen supplies to Central America about eight (8) weeks before your team travels there. ***Please pack all grits, instant potatoes, chips (if possible) into additional zip lock bags to discourage rats from eating them while stored in the warehouse.***

Perishable Items: You may wish to take some special perishable items with you to Central America on the airplane with you, e.g. cakes, cookies, meats, cheeses, etc. While baked goods such as cakes and cookies can be packed in luggage and carry on suitcases,

the meats and cheeses will obviously have to be transported in an ice chest. Contact the airlines to see what type of ice chest is allowed. It's important to remember that the airlines sometimes do not consider the ice chests as priority in being loaded on the plane; therefore, some of the teams have not received their ice chests with the rest of their luggage. Some teams recommend you place the soft-sided ice chest inside a suitcase, so the airlines treat it as regular luggage.

Any foods taken in an ice chest on your day of travel must be declared with the Central American government ahead of time. *Please provide the BMDMI Team Activities Office with the following information on meats, cheeses, and other perishable foods **at least two weeks before you travel***; this will be known as your Day of Travel **Ice Chest Inventory** and should include the following information: Description of food item, Brand Name, Quantity, and Expiration Date.

Sample Ice Chest Inventory

John Smith Team traveling to Nicaragua, July 15-22

| | | |
|---------------------|---------|----------------------|
| Bryan Sausage | 5 lbs. | exp. date Jan 2008 |
| Velveeta Cheese | 10 lbs. | exp. date March 2009 |
| Oscar Mayer Bologna | 25 lbs. | exp. date Sept 2008 |

At times, the Central American governments will update or change the meats and cheese products allowed in the country. Please contact the BMDMI Team Activities Office to see if what you would like to bring on day of travel is still acceptable.

Also remember that these boxes and ice chests will be counted in the total pieces of luggage allowed by your team, so your Team Captain will need to be made aware of this.

You may fax your Ice Chest Inventory to the BMDMI Team Activities Office at 601-583-6009. Please be sure to write your Team Captain's name, your name and contact number somewhere on the inventory.

Please consult with your Team Captain if you have any questions or concerns about any food items that you should or should not purchase and pack. If he or she does not know, a quick call to the BMDMI Team Activities Office can clarify it.

ITEMS PURCHASED ON THE FIELD FOR HONDURAS TEAMS

If your team is going to Honduras, please note that the following foods and kitchen supplies will be provided by the Mission in Honduras for your team's use in the village. They will be packed for you and taken out to your village the day you travel there. Review this list before you purchase your team food and kitchen supplies in the U.S. *All of the following items will be purchased for your team at no additional cost to your team.* Please let the BMDMI Team Activities Office know at least four weeks in advance if there is anything on this list you do NOT wish for us to provide:

Watermelons

Pineapples

Bananas

Tomatoes

Bell Peppers

Carrots

Cantaloupes

Cabbage

Potatoes

Onions

Cucumbers

Margarine

Honduran Coffee

Honduran Sugar

Loaves of Sandwich bread

Cooking Grease

Strips of Beef for one supper meal while in the village**Please make a note if you do or do not want this item.

Extra Kool-Aid

Eggs

Purified Water

Ice made from Purified Water

*In addition, any of the following items can be purchased in Honduras at your request and billed to your team. **Please complete and fax the Food Order form (found on the last page of kitchen section) to the BMDMI Team Activities Office four weeks before your team travels to Central America (fax: 601-583-6009):***

Papayas (in season)

Mangos (in season)

Fruit Juices (Variety Available)

Celery

Lettuce

Dried Red Beans

Sliced Ham for Sandwiches

Pork Chops

Sliced or Block Cheese

Chicken (Whole or Parts)

Bacon (Not uniformly sliced)

Beef (in any form)

Hamburger Buns/Hot dog Buns

Pasteurized, Fresh Milk

Sliced Bologna

Hot Dogs

****Precooked bacon is more expensive, but is less waste and easier to prepare on the field**

ITEMS PURCHASED ON THE FIELD FOR NICARAGUA TEAMS

If your team is going to Nicaragua, please note that the following foods and kitchen supplies will be provided by the Mission in Nicaragua for your team's use in the village. They will be packed for you and taken out to your village the day you travel there. Review this list before you purchase your team food and kitchen supplies in the U.S. *All of the following items will be purchased for your team at no additional cost to your team.* Please let your BMDMI Team Activities Office know several weeks in advance if there is anything on this list you do NOT wish for us to provide:

Watermelon
Cantaloupes
Pineapples
Bananas (when good quality is available)
Onions
Tomatoes
Cabbage
Eggs
Bread
Purified Water
Ice made from Purified Water

*In addition, any of the following items can be purchased in Nicaragua at your request and billed to your team. **Please complete and fax the Food Order form (found on the last page of kitchen section) to the BMDMI Team Activities Office four weeks before your team travels to Central America (fax: 601-583-6009):***

*Sugar
Red Beans
Potatoes
Green Bell Peppers
Celery
Lettuce
Carrots
Tortillas
Cucumbers
Nicaraguan Coffee
Margarine*

ITEMS TO BE PURCHASED IN THE U.S. AND USED AT MISSION HOMES

Your team will need to purchase the following items in the U.S. and ship them with your team cargo. These items will be used by the Mission Staff in Central America for your team while they are at the Mission Home. *Please mark these boxes in a special way so that you will know that they are to be left at the Mission Home. If the boxes happen to go to your village with your team, please make sure that they return to the Mission Home so the supplies can be used for your team while at the Mission Home. Please do not donate these supplies to people in the village – they are greatly needed at the Mission Home.*

Variety of Large boxes of Cereal
1 Large Containers of Creamora
6 bars of bathroom soap
1 – 55 gal. (or larger) Heavy Duty Garbage Bags
350 Paper or Styrofoam plates
500 Paper or Styrofoam cups
400 plastic forks
1 case of Paper Towels
1 case of Toilet Paper
1 Large container of Antibacterial Liquid Soap
1 Box fan

The Mission will gladly reimburse you for these Mission Home items. Simply send us your receipts and let us know to whom the reimbursement should be sent.

PACKING YOUR FOOD AND KITCHEN SUPPLIES

Getting your food and kitchen supplies packed and shipped to Central America must be done in an organized manner. You won't have a lot of extra time to be searching for items at every meal. Being thoroughly organized will help you keep up with the hectic pace.

Ask your Team Captain how he would like to have the food and kitchen supplies packed, i.e. in what kind of boxes it is to be packed, and how the boxes should be marked. (See additional Packing Tips near the end of the Kitchen section.)

We recommend that you use a code such as K1, K2, K3, etc. for your food and kitchen supply boxes. Do not write on the outside of the boxes what each box contains. Please use boxes of a uniform size. It is important for you to mark in large letters the boxes you wish to use the first day on the field. Write on each side of the box "First day meals".

There are several ways to pack your food and kitchen supplies. You may choose to pack each box according to what you will need for a certain meal. For example, you may pack boxes K1-K3 to contain everything thing you will need for one of your meals. Some teams prefer to pack similar items in the same box. For example, all of your cans of drink

mix in one box; all of your jellies in another box, etc. You must decide what works best for you.

For the sake of your back, do not pack all heavy items in one box. Mix lightweight items, such as paper goods, used clothing, etc., in the extra spaces. Continually be aware of weight and distribution. Remember to use useful items to fill spaces, since your team is paying the shipping costs. Try to pack all boxes to the top so they will not crush down when stacked upon each other. Items like sugar, grits, pancake mix and other food items that are packed in paper or boxes should be put in Ziploc bags to deter it from attracting mice and insects during shipment.

Keeping inventory: You will find it helpful to use a notebook to record the various inventories, menus, and lists that you will need to consult while in the village. In this notebook you will want to list menus by day, items needed for specific dishes, and the inventories you will be creating.

Making these lists may seem like a big task at first, but your organization now will make it so much easier once you are on the field and have thirty, forty, or fifty boxes of food and supplies in a small area. If you don't know exactly where an item is, you may spend an hour moving boxes around looking through them.

You will need to make a master inventory of every box you pack for the kitchen and what is included in that box. *A copy of this inventory must be sent to the BMDMI Team Activities Office. We recommend that you give a copy of this master kitchen inventory list to your Team Captain so that he in turn may provide it to the Mission Office with the rest of the cargo inventory.* For example:

| | | | |
|--------|----------------------------------|------------|-------------------------|
| Box K1 | 2 boxes Crackers | 1 lb. each | Exp. Date January 2008 |
| | 4 bottle of Jelly | 500ml each | Exp. Date February 2007 |
| | 10 cans of Chicken Noodle soup | 18 oz. | Exp date Nov 2009 |
| | 1 set of salt and pepper shakers | | |
| | 1 tablecloth | | |

| | | | |
|--------|----------------------|--------|---------------------|
| Box K2 | 4 boxes of cereal | 1.5lbs | Exp date Dec 2008 |
| | 1 container of sugar | 5 lbs | Exp date April 2010 |

| | | | |
|--------|----------------------|-----------|--------------------|
| Box K3 | 8 boxes of Pop-Tarts | 1 lb each | Exp date July 2008 |
| | 1000 napkins | | |
| | 500 spoons | | |
| | 200 bowls | | |

Etc.

Please note that you must provide the item description, quantity, size, and expiration date for all foods to meet Central American government guidelines.

Once you have a detailed master inventory of all your boxes and the items they contain, we encourage you to also make an alphabetical listing of all the items you have packed. See example below. In the case that you need something particular but you cannot remember which box it was packed in, you can look at your alphabetical listing.

Applesauce Box K10
All Spice Box K22
Bowls Box K5
Baked Beans Box K35
Etc.

This alphabetical listing is not required but simply a suggestion.

WHAT TO EXPECT ON THE FIELD

Following, is a general idea of what you can expect to experience while in the village. If you have any questions, consult with your Team Captain and/or the BMDMI Team Activities Office.

First meal in the village: The first day in the village, your top priority will be to start lunch, that is, if you did not have to eat on the bus on the way to the village. If you can enlist some help from some of the men or women who aren't doing anything else (i.e., setting up the pharmacy, medical clinic) you can assign them the responsibility of helping prepare lunch while you are directing the placement of other things. It might be good to identify these short-term kitchen helpers before arriving in the village. Everyone is looking for a way to be helpful, and this is a way to provide them something to do.

Stoves: Most likely your kitchen will be set up in one of the village school classrooms. It is best if it is located close to a water supply and as far away from the bathrooms as possible. The Mission will provide propane stove units upon which to cook – a griddle and a regular burner or two. These items are heavy – enlist some strong men to help you get it set up. There will be no oven, so baking is not possible.

Tables: In all likelihood, the tables you will have to use in the kitchen area will be tables used by the local school. Please take as great care of these tables since they will return to their normal classroom use after the team leaves the village. You will need some tables for the stove area, some for making a place to wash dishes, some for food preparation, some to use for serving meals, some to place under the thermoses of drinks, and some for under your pans for hand washing outside the kitchen. You will want a few chairs for yourselves to sit on (approximately 6). Ask your Central American kitchen assistant for good ideas about table arrangement. When the team begins unloading the supplies,

everything will be a mass of confusion, but you will have time later to straighten things out as you want them. You will want to put your boxes in one corner, your fresh fruits and vegetables in another, ice chests in another, etc. If shelving is available, you will want to unpack as many of your boxes as possible for easier access to items.

The Utensils on the Mission Field: The following items are also available for use on the Mission Field:

- Camp-style coffee pots that hold up to 20 cups. You may also use a large pot to make boiled coffee. Your staff cook will show you how.
- A sufficient quantity of large pots (up to 5 gallons). Also some smaller, regular pots for warming or cooking small quantities of food.
- A generous supply of serving spoons (slotted and regular), plus the usual utensils needed for cooking: can openers, spatula, knives, mashers, colanders, graters, etc.
- Selection of mixing bowls, pitchers, cutting boards, measuring cups and spoons, and plastic pans
- Skillets – all large

Water: Adequate purified water will be supplied by the Mission personnel. This water is for cooking and drinking only. You will need to be aware of the use of this water, and not allow individuals to use it carelessly.

Thermoses and Ice Chests: At the first opportunity upon arriving, you will need to prepare thermoses of water for each of the clinics and work areas. Send these, along with a sleeve of cups, to the work areas by people who are working there. Make sure they understand that they will be responsible for returning these to the kitchen area the last night before the team leaves. Try to help us keep a good inventory of these thermoses as they have a habit of disappearing during the bustle of packing up to return to the Mission Home.

The Mission Home will have sufficient thermos coolers and ice chests for the week (although we are always grateful for any donations to replace damaged ones). The ice chests will be filled with ice, which you can use for the drinks and for refrigeration.

Please reserve only 1 ice chest for refrigeration purposes to prevent contamination.

Use all you need, but do not be overly generous so that the ice will last the entire period you are out in the village. Do not allow team members to place or remove items (cokes, medicines, etc.) in the ice chests. Only the kitchen staff should have access to the ice chests and should always use gloves to prevent germs under your nails from getting into the water and then onto the ice.

Use only one or two ice chests to store foods that need to be refrigerated and let the other chests, filled with ice, be left alone so that the ice remains clean until needed for drink thermoses.

Our staff on the Mission Field will have thermoses of water and Kool-Aid prepared to take on each of the buses when traveling to the village work sight. The team usually empties these thermoses by the time they arrive in the village and set up the work areas, therefore you will need to refresh/replenish the thermoses before the first lunch in the

village. When your team leaves the village to return to the Mission Home, please prepare two thermoses – one with water and the other with Kool-Aid and/or tea; the thermos with the water is for the bus trip back and the other one with the Kool-Aid or tea is for the lunch itself.

Keeping Hands Clean: Contamination, due to unclean hands remains a problem on the field. Team members need to be reminded continually of the need to disinfect their hands. This is especially true as they enter the kitchen area. Team members need to be instructed to wash their hands every time they enter the kitchen – even if they have just exited, they have touched things that can leave germs that will contaminate the food or thermoses. Some team members feel they don't have a risk of becoming sick - and that is for them to decide, but they need to follow the rules in order to prevent others who follow behind them from getting sick. The Mission will purchase bleach for you to use in the kitchen. You will use this bleach for hand washing. **Check with your team captain to determine if you need to request extra bleach for the medical and/or dental clinics.**

Keeping the Food Clean: The health and well being of the members of your team is paramount. For this reason, any and all steps should be taken to ensure the cleanliness of all items in the kitchen area. All food (eggs, fruits, vegetables, etc.), utensils, pots and pans must be first rinsed in bleach water to disinfect. Always remember to wash your hands, utensils, cans, and food in bleach before using – also continually wipe down your tablecloths with Pine-Sol or bleach water and use disposable gloves at all times.

Caution team members to not eat anything except that which comes from the team kitchen. Some brave souls may think they are immune to any sickness, but they never know where the items are grown, and much is grown next to outhouses to utilize the moisture available! This can be a source of cholera! Team members can accept offerings of food with graciousness (in fact, due to the danger of offending someone by not accepting the offerings, one should accept the items), but such gifts should be brought uneaten to the kitchen and it can be taken care of there.

Meals: Most teams have either soup and sandwiches or salad and sandwiches for lunches in the village, then the heavier food for the suppers. Because the teams have to work hard in the afternoons, most prefer to have a light lunch, and then have a heavier meal when they can relax a bit after a long day of work.

The times for meals will be determined by the Team Captain so you will want to ask him what time he would like to schedule each meal. You will want to make sure he knows that he will need to schedule the supper meal at an early enough time to allow you sufficient time at night to clean the kitchen yet still make it to the nightly church services.

Some of the mainstays of meals are: coleslaw (cabbage is eaten by the Nationals at every meal), peanut butter and jelly, and ketchup. You will also want to take a couple of cans of chicken and rice soup, as well as saltine crackers, for anyone on the team who may become ill and are unable to eat anything else. You will have fruit available for every

meal that, if overeaten, can result in severe stomach cramps and diarrhea. If you hear any Team member complaining of these symptoms, encourage them to not eat any fruit for a day or two until their stomachs settle down.

Leftovers: In all likelihood, your team will have some leftovers after each meal. Let your staff cook take care of any meal leftovers you don't want to keep. She will get them to some helpers or needy people in the village so that the leftovers will be put to good use and not wasted. Also, save and wash your larger cans, the Kool-Aid containers, etc. Some of the team ladies may want to use the gallon cans in their dorm at night to keep from having to go outside to the "johns" or they may wish to use the cans to take a spit bath in. Such containers are also ideal for anyone who gets sick – to keep by their bed. Please don't discard such empty containers until the end of the week. These cans are highly prized and desirable to the village women, and they make good gifts to the ladies of the church who help us out. Using "carry-out" type boxes are very useful for the watchmen plates. These will need to be purchased by you.

Feeding the watchmen and/or other help can grow into gigantic proportions. We ask that you prepare 10-12 extra plates for the village help. I have found that it saves adding to the number of plates each night if you stick to the 10-12 plates. Then if there is food left over, you can put it into zip lock bags and give them to the pastor to divide out among the remaining help. Once you begin increasing the number of prepared plates, that number will increase with each meal. By giving the pastor this responsibility, it takes the decision making from your shoulders. Please feel free to feed as many people as you wish, so this is only a suggestion.

Also keep in mind that you can use left-overs in soups or salads for the team. If you have left-over sandwiches or pancakes they can be sent to the medical clinic to be quickly distributed to hungry patients and/or children that have been in line all day or night.

Snacks: You may want to plan on two snacks a day. This can be homemade cookies or prepackaged items such as chips, candy bars, etc. You may want to send around a thermos of Kool-Aid to all the work areas at snack time, so you will need to include the paper cups necessary to do this in your total amount of paper products/cups that you will need to order. *Please remember: these items can quickly use up your food budget, especially buying candy bars, etc., so you can choose to have snacks or not.*

Breakfast preparations: Each night, you will need to begin preparations for the next day's breakfast. Some teams ask for volunteers (some Team Captains make assignments) to help with this. Just remember, if you do decide to use volunteers in the kitchen to help with the night-before breakfast preparations, re-emphasize the hand washing and bleach cleaning process! When making preparations the night before for the next mornings breakfast, do everything you can to speed up the work the next morning, such as filling up the pots with water, put out on the table everything you can put out ahead of time, wash eggs, spread butter on the bread for toast, etc.

Last day's lunch preparation: Determine if your team will be on the road during lunch on your travel back to the Mission Home, or if you're planning to be at the Mission Home for lunch on that day. This will affect how and what you pack. If you have plans to eat somewhere along the way, you will need to mentally go through the process of setting up the table (hand washing, paper towels, garbage bags, etc.) and a person going down the line to prepare his plate. These boxes need to be kept in a completely separate area of the kitchen, far away from the boxes packed to return to the Mission Home. Assign one team member to watch over them to prevent having them loaded along with the other kitchen boxes and supplies. Put these boxes, along with an ice chest (if needed) and thermoses of your drinks, in the back of the bus so that they can easily be removed at the time of the meal.

When you are preparing your last day's "take along lunch", a quickly fixed sandwich (ham, chicken salad, turkey, etc.) is always good. Along with the sandwich, you will probably want to add some chips, cookies, dill pickles, etc. Just remember to keep it simple. Also, don't forget the Kool-Aid, your tablecloths, aluminum pans for serving, paper towels (2 rolls), cups, a few forks and knives for serving, pans for hand washing, garbage bags, a small jar of bleach, your mayo, mustard, ketchup, etc. Just mentally go through the process of setting up and feeding the team. Remember - pack all this together in an easily accessible place, yet separate from your other boxes.

After reaching the Mission Home, some cooks like to help set out the meal. Or, if you prefer, you can just relax with the rest of the team and Mission personnel will prepare everything. At last, your work is finished, and you can take a well-deserved rest!

Unused food: You will have some food and paper products left over at the end of the week. We ask that you return unused food items and paper products on your day of return **to the mission home**, rather than leaving them in the field. Such donations are desperately needed and greatly appreciated. These items will also be used to supplement the meals your team will be eating at the Mission home and are greatly needed. We can also use these items to supplement items the following team may need on the field. You will eventually be a recipient of these items from another team in another year. All extra food is also used to help with pastor's conferences and other Mission activities at the Mission Homes. At the end of the year, an inventory is taken, and all food is distributed to various ministries within the Mission. All in all, the food is fed to either team members or to the people of Nicaragua/Honduras.

Thank you for choosing to serve the Lord in the Team Kitchen. He has given you the gift of hospitality and a loving heart, and your kitchen will be the "heart" of the home for the team members. There they will receive the blessings of rest and comfort and assurances of love.

MISCELLANEOUS NOTES AND SUGGESTIONS

Margaret Carr and other experienced team kitchen leaders have compiled a list of notes and suggestions in regard to the Team Kitchen. Please take time to read through these and make notes as needed on your own lists.

Coffee: The staff on the field will provide Central American coffee for your team, so if you want an American brand or decaffeinated, you will need to bring it with your other supplies.

Our staff will also provide you with sugar for your team, but it will not be exactly like the refined sugar we have in the States. So if you want refined, American sugar, pack that with your supplies as well (in a zip lock bag!). Also, remember to pack artificial sweetener for any diabetics that might be on your team.

Milk: The Mission staff can provide you with regular milk, if you wish. There is no longer a need to bring powdered milk, unless you prefer to. On your list of requested items, just list how many liters (gallons) you will need. Some teams like to include enough for drinking, as well as for cereal.

Bacon: Please consider purchasing the pre-cooked bacon in the States. While it is more expensive, it is more uniformly sliced, takes much less time to cook, and is less time standing over a hot griddle. Most cooks greatly prefer it.

Last Meal(s) in the Village: We highly recommend that in planning your breakfast (and possibly lunch) menu for the last day in the village, that you make it as simple as possible. It is best if you can plan to have cold cereal, instant oatmeal, cereal bars, etc., since the griddle will need to be cooled before loading on the truck. Some teams also put out extra “nabs” or candies for the team to have on the bus ride, especially if it is far. Sometimes the extra sugar can settle stomachs jarred by the rough roads.

Baked Goods: You may also ask church members to bake cakes, pies (Pizza Hut boxes for the medium size pizza make perfect cartons for pies cooked with purchased pie crusts), cookies, cornbread muffins, etc. to take with you on the plane. You will need to pack these very firmly in the decorator tins usually available at Christmas time. These items will need to be packed and brought with you on the day of travel. Please pack in hard-side suitcases to avoid breakage.

Diabetic team members: Please find out if you have team members that are diabetic and bring things that will help with their diet.

Paper Products & Utensils: When calculating the number of napkins, plates, forks, spoons, knives, bowls, and cups that will be needed, take into consideration if you are also planning for 1 or 2 snacks and drinks during the days or if you need extra for soups, cereal, or deserts. You will need fewer spoons than forks, and very few knives. **Please**

allow for AT LEAST 10 cups per person, per day. In the past, teams have requested team members to write their initials on their cups to save, but due to contamination from flies and dust, we highly recommend you bring enough for them to dispose of after each use. Of course, they will need to exercise caution in not being extravagant. Remember they will be using these glasses for water to brush teeth, as well. It is a good idea to purchase two sizes of cups – a smaller one for coffee and water, and larger ones to use with meals. Also, have your Team Captain ask each area (medical, dental, pharmacy, children’s church, etc.) if you will be supplying their paper goods (paper towels, garbage bags, etc.) from the kitchen. You may need to order extra for these areas.

Supply Sharing: Please check with your Team Captain regarding supplies for other areas of the team ministry, such as the pharmacy, dental clinic, and medical clinic. Some items that teams use from the kitchen area are paper towels, plastic pitchers, trash bags, bleach, plastic pans, etc., and you may need to increase the quantities you purchase.

Extra items you may want to consider purchasing are:

- Sharp knives & can openers
- Large and small disposable aluminum pans for serving.
- Kotex for use by team members
- Flannel backed plastic tablecloths (longest size available)
- Extra dishcloths and drying cloths
- Disposable plastic containers with lids for storage of leftovers

Any extra items/utensils that you feel would assist the cooks in the field will be greatly appreciated by all. You may want to bring your own knives, which you can pack in your checked luggage. We continually need to update items, such as good knives, varying size pots and pans, coffee pots, large trash cans, ice chests, etc. You may want to check with the Mission field (Aurora or Margaret) to determine what is needed if you want to make a contribution. Your cooks will greatly appreciate you!

Grill Lighter: Please note that at present airlines do not allow a person to bring grill lighters in your suitcase. You will need to ship at least one of these for your team use with your shipped grocery supplies.

Packing Tips: Please avoid glass containers when possible. Usually it is impossible to purchase dill pickles in a plastic gallon container. If so, just repack them in a plastic one. Be sure to tape the tops of all large jars of food securely with freezer tape or duct tape. In fact, it is best to tape the tops of all liquids (soap, etc.) with freezer tape or duct tape and place in a zip lock bag to catch any spillage. Also, a deterrent to mice is to put grits, sugar, and other paper packaged products in their original container in a large zip lock bag. Remember that your boxes will be tossed around carelessly, stacked very high, with no regard to weight. So you will need to use strong boxes (we recommend waxed chicken boxes), packed as tightly as possible (you can use toilet paper or paper towels to fill in the spaces without adding much weight). It is very good to have a standard size of boxes rather than 100 boxes of varying sizes. Try to pack boxes to the top to keep them from crushing down when stacked upon each other.

Leftover Cans and Containers: In the village, please save your gallon cans and useable containers for many other uses. They can be used for leftovers, to give leftovers to the pastor, for baths, to flush the commodes, and many other ways.

Getting Your Sleeping Quarters Set Up: When you arrive in the village (or even better-before you arrive), ask someone to make sure you and your helpers have mats to sleep on and a spot in the dorm area. You will be getting up first, and are usually the last asleep, so tell them to make sure you are by the door so you won't disturb the others (this is nice, too, if you have to get up to visit the bathroom during the night!).

Bathing: Always take opportunities to take a bath in the afternoon, in between meals. We also recommend that you use such lulls to walk around and see the various work areas (i.e., medical clinic, pharmacy, etc.) in action. You can also walk around the village taking pictures and meeting the local residents. Make sure you take time to do this so that you will have a well-rounded experience and see more work areas and scenery than just the inside of the kitchen area!

Meals at the Mission Home: Our staff will prepare all of the meals eaten by your team at the Mission Home. You will not need to help with these. If you have cakes, cookies, etc., left over, you might want to suggest to our staff that they use them for meals or snacks at the Mission Home. They will have coffee available pretty much 24 hours a day!