



Food Ministry

For a Mission Minded Church Community



How to start:

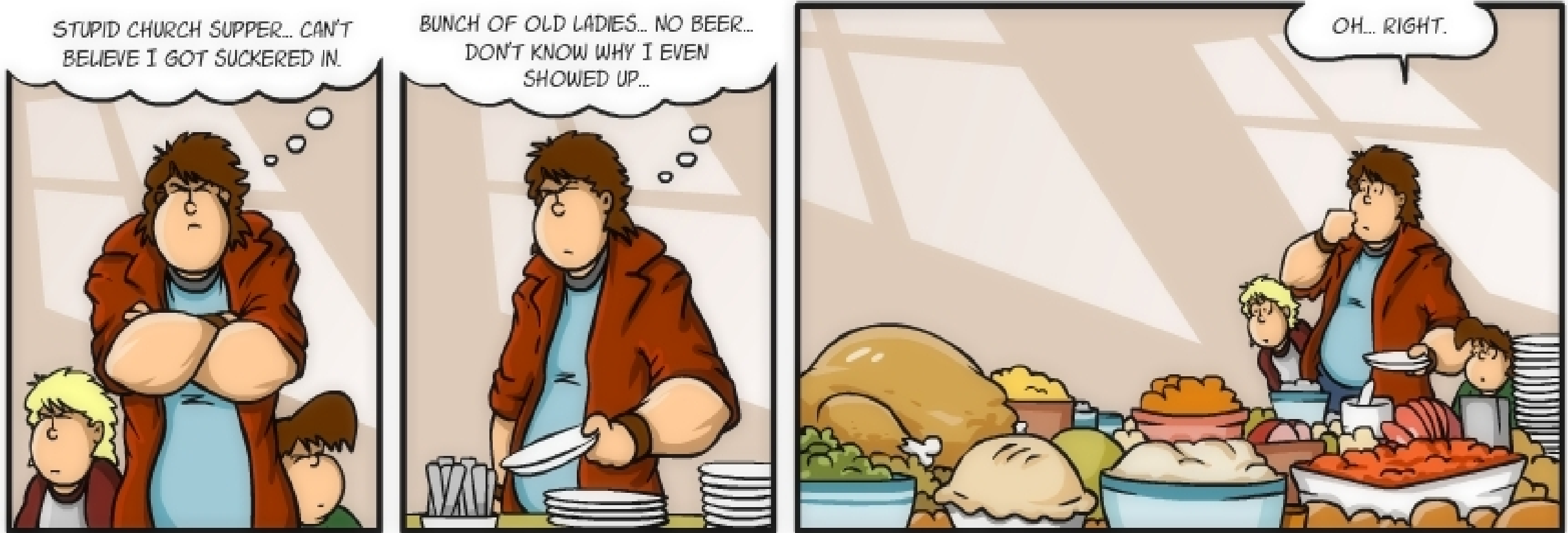
- First things first: are you **A mission minded church?**
- Do you feel called to **Serve**, or are you hoping to **be served**?
- If you decide to **serve** look around you to see the **who** and the **needs**.



■ ■ ■ Jesus Knew the Power of Table Ministry



It's Not Just About Food



By Robar Benson



Basic Human Needs

Self-actualization

morality,
creativity,
spontaneity,
problem solving,
lack of prejudice,
acceptance of facts

Esteem

self-esteem,
confidence, achievement,
respect of others, respect by others

Love/Belonging

friendship, family, sexual intimacy

Safety

security of body, of employment, of resources,
of morality, of the family, of health, of property

Physiological

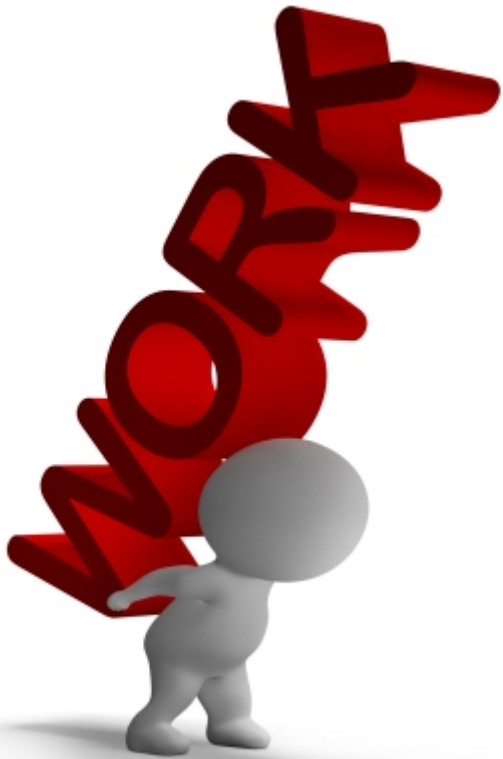
breathing, food, water, sex, sleep, homeostasis, excretion

What We Did at St. Nicholas

Who: Young overworked families

What needs:

1. Home cooked healthy foods
2. Extended family, friends and trusted supports
3. Education on how to cook with raw foods
4. Relaxed time with their children



What We Did at St. Nicholas

Programs We Instituted:

1. Take Out Dinners: Affordable homemade meals for pick up. Monthly.
2. Supper Club: Cooking instruction and practice, cooking and eating together as a community. Monthly.
3. Sundays@5: Relaxed Sunday night supper with family and friends, combined with story and play. Weekly.



The How

1. Find members who are interested and excited about serving.
 2. Don't let the unknown stop you from trying.
 3. Continue what works and learn from what doesn't work
 4. Keep trying
-