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# LIVE THE PROMISE

## Loaves & Fishes

Meals for foster and adoptive families.



Loaves & Fishes is a great way to introduce foster and adoptive ministry to your community, and at the same time, effectively serve the fostering and adoptive families in your area. These instructions will provide all the information needed to host a successful event. Enjoy!

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# LOAVES & FISHES - SUMMARY

## Elements of Planning, Preparation, Hosting, and Follow-Up



At Loaves & Fishes events, participants assemble casserole-style meals that can be frozen, stored, and delivered to receiving foster and adoptive families who then bake and serve!

### PLANNING

**Host/Hostess** | Hosting L&F in a private home is usually most welcoming and convenient. Alternate options could be a church kitchen or a neighborhood clubhouse with a kitchen. A suitable location must, at a minimum, be very clean, provide access to a sink, and be as spacious as possible.

**Attendees** | Attendees are identified by either sending out a public or private invitation. For public events, a web registration link is created and posted on a church or ministry website. For a private party, the hostess usually provides a guest list and extends the invitations. Confirmed attendees are contacted a week before the service project with driving directions to the event location along with prep instructions for the chosen recipe, including a detailed list of ingredients and supplies.

### PREPARATION

**Recipe and Attendee Prep** | *Certain elements of each recipe are prepared by each attendee at home in advance of the event. These items are clearly marked in the instructions sent in advance to participants.* Each participant brings all of the ingredients needed to prepare one meal. To clarify, if there are **seven** participants, **seven** meals will be made. Participants also bring essential kitchen items such as a large bowl or can opener, as listed in the recipe instructions.

**Leader Prep** | A ministry leader gathers and prepares the event supplies: foil containers with lids, plastic wrap, and recipe labels that inform recipients of ingredients used, baking instructions, and a "best used by" date.

### LOAVES & FISHES EVENT

**Event Intro** | A volunteer or ministry leader is invited to speak about their foster and adoptive ministry and answer questions from attendees. If available, a video describing your ministry may be shown. Generally, the first 15 minutes of this 90-minute event is designated for providing information and raising awareness to the needs of vulnerable children.

**Meal-Assembly** | In the following hour, volunteers prepare the casseroles by assembling the ingredients in the provided containers. The meals are then covered with a lid and wrapped in foil or plastic wrap, labeled, and prepared to transport to a freezer. The meals are stored in a pre-arranged and available freezer until they are distributed to a foster or adoptive family.

**Socialize and Network** | If desired, the hostesses may provide beverages, coffee/tea, and dessert after the meal preparation is complete, if desired.

### FOLLOW-UP

**Appreciation** | The hostess sends a note of appreciation for attendance, offering additional opportunities for involvement with future activities and dates of upcoming events.

# LOAVES & FISHES - PLANNING

## Determining Purpose, Participants and Place



### WHY plan a Loaves and Fishes event?

**Public or Private** | Of course, the most tangible reason for holding a Loaves & Fishes event is to provide convenient meals for foster and adoptive families. However, this event is also a great way to raise awareness about the needs of vulnerable children, globally and locally, and highlight the families in your church who may be fostering or those who have recently adopted a child. Depending on what is deemed to be the primary purpose of the event, decide if the upcoming Loaves & Fishes is best suited to serve as a *widely publicized outreach event* to bring attention and volunteers to this cause, or as a *private group of friends* who will come together for a service project in response to the needs of a foster or adoptive family.

### WHO to invite to a Loaves & Fishes event?

In our experience, a Loaves & Fishes has effectively garnered meals from a variety of groups -- service project for church-wide outreach events, Bible study groups, youth group activities, Girl Scout troop meetings, company service projects, book clubs, couples groups, neighborhood groups, and women's ministry gatherings. The possibilities are endless and these gatherings net high value not only for the tangible meals for foster or adoptive families, but also for the intangible gain of wider exposure for foster care and adoption.

Once the primary purpose and target audience for your event is established, recruiting a hostess and venue is the next consideration. The **hostess** is most often the one who provides, or at least facilitates, a hospitable environment for a Loaves & Fishes.

### WHERE may I hold a Loaves & Fishes event? WHO will serve as host(ess)?

**Recruiting A Hostess/Host and A Kitchen** | Having a hostess to work with is an important part of the event's success so begin by identifying someone willing to open their home and kitchen to host a Loaves & Fishes event. Aside from the warmth of meeting in a home, a gracious hostess often adds an element of personal hospitality that is lost in a more clinical environment. Home kitchens are often better stocked with extra supplies or utensils that attendees may forget and home kitchens are often more sanitary and spacious than generic, communal kitchens.

Though not a necessity, having nearby access to a living room television, computer or DVD player assists with ministry presentations and provides a hospitable space for initial introductions. Hostesses also provide warmth of hospitality by offering beverages and light snacks, or coffee and dessert.

Consider who in your church, your ministry, or your association would be a good candidate to approach about hosting a Loaves & Fishes. Perhaps two or more friends each have something to contribute - one may have the most suitable kitchen and another could bring snacks or dessert.

A great pool of people to consider asking are those in your church who are already familiar with fostering or adopting who can fluently dialog these topics. Grandparents of foster children, relatives of adoptive couples, or older adoptive parents who are further along in their journey are usually enthusiastic participants and eager to assist families who are just getting started!

# LOAVES & FISHES - PLANNING

## Examples of Email Used to Recruit L&F Hosts



### Example 1:

Dear Friends,

The Promise686 freezers are low on meals to share with foster families and we're hoping to schedule a Loaves & Fishes meal-making event for each month of February, March, and April. Would you be willing to host an event in your home?

As a host, your responsibilities would include opening your home, for approximately an hour and a half, and allowing volunteers to use your kitchen for meal assembly. Typically we ask participants to pre-cook ingredients at home so there is no *actual* cooking involved - simply recipe assembly. Promise686 will provide a recipe and materials (disposable pans with lids, foil, plastic wrap, labels, etc.), and coordinate with you to determine which of your kitchen items may be used or what to ask participants to bring (cutting board, wooden spoon, sharp knife, etc.). Either you or a representative from Promise686 would spend the first ten minutes giving an overview of our ministry, after which guests adjourn to the kitchen to assemble meals. After meals are assembled you may provide refreshments - snacks, dessert, coffee, etc. - but this is *optional*. (We only ask that that you do offer water to our guests.)

Lastly, you or our representative would transport the completed meals to one of our seven volunteer freezers. We usually host these on a Tuesday, Wednesday, or Thursday evening from 7-8:30 PM, but others have been successful on a Saturday morning or a Sunday afternoon.

Suggested dates:

February 7/8/9 or 15/16

March 7/8/9 or 14/15/16

April 18/19/20

By Friday, please let me know if you are willing to host an event and which dates would work best for you.

Thanks for considering!

### Example 2:

Dear Friends,

I'm writing to recruit hostesses for our Loaves & Fishes meal-making service events. At our Loaves & Fishes we assemble freezer meals that are stored in volunteer's freezers and later given to foster families. These meals help foster families on busy days and allows them to focus more attention on their children.

Would you be interested in hosting an event for your private group (discipleship group, neighborhood club, Bible study, etc.) or a public event we will advertise on our website? We can choose a time and date that is convenient for you. Please let me know your thoughts on this by Friday.

Thanks so much for considering!

# LOAVES & FISHES - PLANNING & PROMOTING

## Setting the Date and Spreading the Word



**ONLINE TOOLS** for planning, invitations, sign-ups, and communication with attendees:

**Doodle** – [www.doodle.com](http://www.doodle.com)

If you have a set group of participants and are flexible with the timing of your Loaves & Fishes, using Doodle to create a web poll regarding event time/date is helpful! The result may be used to select the best time to schedule the event. When using Doodle, we recommend sending the Doodle link from your own email account rather than through Doodle because we believe this increases the chances of the invitees receiving the email (vs. going to a spam folder). Another best practice is to set a deadline for responses, usually 24 hours.

**Eventbrite** – [www.eventbrite.com](http://www.eventbrite.com)

Using Eventbrite, an event web invite can be created with all details relayed and recipients can respond using the online sign-up. A customized registration link is distributed or posted on your ministry website, social media, etc. Participants may then register to participate. If your privacy settings are “public,” people may also find out about the event via Eventbrite itself. Deciding to set privacy settings to “public” or “private” is a ministry decision. Eventbrite can gather contact information as well as create custom questions such as, “What church do you attend?” or “Describe your interest in foster care.” And, when a contact list is created, Eventbrite will send a basic invitation to this list. As attendees register, their email address is stored in a guest list and ready when it’s time to send the recipe and directions to the event location.

**Evite** – [www.evite.com](http://www.evite.com)

If you wish to send invitations to a list of contacts, Evite may be a good choice for your event. They have a variety of beautiful e-invitations that can be customized with event details. There is also an RSVP function that will tally invitee responses.

**With a date, venue, and host(ess) in place, it is now time to invite and promote the event in order to gather an enthusiastic group of participants!**

### **HOW to get the word out!**

**Private Events** | Groups such as Bible studies or neighborhood clubs can serve together at private Loaves & Fishes events. For these gatherings, the leader may use the group’s normal means of communication to let them know all details. However, it is best if your hostess provides all participant email addresses to you or creates a registration link for the private party. *Having contact information for each participant will allow you to communicate directly with participants if there are last minute changes and for future ministry opportunities.*

**Public Events** | Individuals, churches, or orphan care ministries can host a Loaves & Fishes open to the public as a way to practically serve foster families while also raising awareness about local foster care needs. For these outreach events, formal registrations are created to be able to gather information, including, at a minimum-- name, email, and mobile phone number. *This is helpful for later follow-up with attendees and also keeps a record of those who have expressed interest in foster care, or supporting foster families.* Other details such as home address, how they heard about the event, church affiliation, interest in foster care or adoption, etc. may also be collected.

# LOAVES & FISHES - PROMOTION

## Promoting L&F In Your Church and Community



**Ministry Distribution List** | You may wish to invite people to participate using your personal distribution list or a list from your orphan care ministry.

### IDEAS for promoting a public event:

- Create an Eventbrite registration page and set to post as “public.”
- Promote the event through your church:
  - Post event in your church bulletin (samples below)
  - Create an insert to include in the bulletin at your church
  - Create a poster to display at your church
  - Post event on your church’s social media platforms (samples below)
  - Arrange to briefly speak at group meetings to invite participation
  - Email specific groups at your church or send information to group leaders and ask them to help get the word out
- Post the event on personal, group, and/or your ministry’s social media platforms (samples below)
- Mail printed invitations to selected contacts
- Use email to invite selected guests and include the Eventbrite registration link
- Use an electronic invitation such as Evite to invite specific contacts
- Contact those who have attended past ministry events and expressed interest in becoming more involved
- Submit the event to public online and print calendars in your area
- Email or meet with your Live The Promise Advocate Team to brainstorm new ideas of ways to contact those in your community.

### Sample church bulletin announcements:

#### Loaves & Fishes Service Project

*{Insert city name or general location}*

*{Insert date/time}*

Join us to make meals to share that will benefit foster families! Having a meal delivered allows these special families extra time to focus on the children in their home and provide help as they manage the many details and requirements of fostering. Participants will be asked to bring food supplies. Register at *{Insert registration link and/or contact email}*.

#### Loaves & Fishes Meal-Making for *{Insert ministry name}*

*{Insert date/time}*

Join us to make freezer meals to share with foster families. This is a fun event for you to serve individually or with your friends or Bible Study group. Our recipes are suitable for every cook! You will be asked to bring food supplies. *{Insert registration link and/or contact email.}*

# LOAVES & FISHES - PROMOTION | PRE-EVENT TASKS



## Choosing and Sending the Recipe

### Sample social media posts:

Help Wanted: Volunteers to assemble meals for our network of foster families. A simple serving opportunity for groups of friends, neighbors, or a Bible Study. Loaves & Fishes: *{Insert date/time}*. Sign up and details: *{Insert registration link and/or contact email}*.

Make a Meal - Bless a foster family - "Loaves & Fishes," Thursday, August 20th, 7PM

To sign up: *{Insert registration link and/or contact email}*

Loaves & Fishes | *{Insert date/time}* - Join us to make freezer meals for foster families. This is a fun event for you to serve individually or together with your Bible Study group. Our recipes are suitable for every cook! You will be asked to bring food supplies. *{Insert registration link and/or contact email}*.

\*Recommended for social media posts - Accompany text with a relevant picture

\* If event is a ministry priority, consider paying to boost posts on Facebook.

You have successfully planned and promoted Loaves & Fishes! Hopefully a list of participants is growing as sign-ups increase. Approximately 7 - 10 days from the event, there are important pre-event tasks that help to ensure smooth execution!

## CHOOSING the Recipe | Why choosing the tried and true is best

Our recipes have been modified from their original form and written specifically for Loaves & Fishes. Generally, these recipes are prepped in stages, do not involve actually cooking at the service project, and allow for the event to be completed in 90 minutes. We believe that this short time commitment encourages people to participate. In addition, these recipes have been tested and confirmed as those that freeze and bake well.

Also, our casseroles fit into standard containers that can be purchased easily and, due to their consistent size, can be stacked efficiently in the freezer for storing.

Our LOAVES & FISHES recipes are found in the Appendix - there are eight to ten choices that are rotated for the sake of variety and, when a new recipe is developed, it is added into the collection! As your ministry grows, you will want to rotate which recipes are chosen and assembled to provide variety for the families who will receive these meals!

### Note: Specialty items that are specific ingredients to a specific recipe

Some recipes may require small amounts of unusual or expensive ingredients, or special food storage. You, or the event hostess, may decide to provide this ingredient for participants. For example, instead of each person bringing 1 tablespoon of cooking sherry, the hostess may provide a large bottle of cooking sherry that participants will share. Another example? On occasion, recipes call for a topping such as cheese or crumb topping to be stored in a small zip top bag. The ministry or hostess may purchase a box of such bags and provide them to participants. This saves time, cost, and possible waste for those participating.



# LOAVES & FISHES - PROMOTION | PRE-EVENT TASKS



## Sending the Recipe to Participants - Email Examples

### SENDING the Recipe:

It is always best to send the recipe and instructions to participants **one week** in advance. For a public event, each participant receives an email with the recipe and instructions. For a private event, typically the event hostess receives an email explaining what information she needs to disseminate to the group.

### Example 1: Public Loaves & Fishes Event - Recipe to Participants

Hello,

I am so glad that you are participating in the Loaves & Fishes meal-making event to benefit *{Insert ministry name}* on *{insert date}*. The event is from *{insert start and end times}* in *{Insert city/town}*. We will be making *{Insert recipe name}* to delivery to foster families in our area. **Please bring the ingredients listed on the attachment and note that, if necessary, some preparation is done at home in advance of the event.** Each participant will be bringing the ingredients to make one meal - so if we have seven participants, we will make seven meals!

The address and contact information for the hostess, *{Insert name of hostess}*, is:

123 Oak Street  
CITY NAME, STATE 30097  
555-123-1234  
janedoe@gmail.com

If you need to contact the hostess the day of the event, the best way to reach her is to *{choose one and insert - call, text, email}*

It's not too late for your friends to join you in the fun. If they would like to participate, please let them know to register at: *{insert event link}*

These meals are such a blessing to our local foster families. Thank you for your heart for children and families and for serving in this way.

Best regards,

*{Insert L&F Coordinator's name}*

P.S. Please note, download, and print the attached recipe!

Special Instructions: *{Hostess}* lives in a gated community and she will provide your name to the guard at both neighborhood entrances. When you arrive, please state your name and specify that you are arriving for an event at the home of *{Hostess}*.

# LOAVES & FISHES - PROMOTION | PRE-EVENT TASKS

## Sending the Recipe to Participants - Email Examples



### Example 2: Private Loaves & Fishes Event - Recipe to Host(ess), for Distribution to Participants

Hello,

I am the Coordinator for the Loaves & Fishes event for which you have so graciously agreed to host! I will be supplying you with the information and supplies you will need to host the event on *{insert date}*. You will find, attached, a copy of the recipe that you will be assembling together. Please send this recipe out immediately to all attendees so they will have a copy and know which ingredients to buy. **Please note that everyone buys a complete set of ingredients for the recipe, preps the meat ahead of time, and brings ingredients and preparation tools with them to your house the night of the event.**

I will provide a Loaves & Fishes Kit that includes aluminum pans, labels, plastic wrap, markers, and additional supplies. Please assemble the meals in pans, place the lid on top, and crimp the edges to seal. Wrap each completed meal two times long-wise and two times short-wise with plastic wrap. Place label on the plastic wrap, update label with expiration date (4-6 months after event) and cover with clear packing tape.

You may contact *{Insert ministry leader}* for a freezer located nearby where you can deliver these meals for storage before distribution to our foster families.

You will find the Loaves & Fishes Kit at *{Insert location}*. Please pick it up by *{Insert plan for pick-up.}* When you are finished with the event, please repack any remaining supplies in the kit and return to *{insert specific plan for drop-off}*. Please return promptly as we have another group that will be using the kit this week as well! *{If applicable}*

Thank you so much for serving our foster and adoptive community in this way. It is a huge blessing to each family served!!

Hoping your group has fun and a great time of fellowship!

Blessings,

*{Insert L&F Coordinator's name}*

Note: Recipe attached

# LOAVES & FISHES - PRE-EVENT TASKS



## Gathering Supplies for Loaves & Fishes

### BUILDING a Loaves & Fishes Kit:

Rather than trying to gather necessary items *each* time a Loaves & Fishes event takes place, it is helpful to make a kit dedicated for this purpose and containing everything needed in a portable container. Repurpose or purchase a bin with a lid, and fill it with a healthy amount of supplies - foil pans, lids, recipes, labels, packing tape, plastic wrap, promotional materials, name tags, sharpies, etc. (Refer to complete supply list below.)

If regularly hosting Loaves & Fishes events, you may wish to print, all at once, copies of all the recipes and their corresponding labels and store them in a file for future use. Then, for each event the Loaves & Fishes Coordinator or the ministry leader simply checks the bin and adds or replenishes necessary supplies rather than starting from scratch each time.

Maintaining a well-stocked Loaves & Fishes Kit and arranging for it's delivery to the hostess, and it's return, is a great job to delegate to a committed, detail-oriented volunteer.

### KIT SUPPLIES Necessary for a Successful Event:

Before each event, the Loaves & Fishes Coordinator or Ministry Leader will assemble all necessary supplies. It is best to deliver or arrange a hand-off of these supplies to the host(ess) *before* the day of the event.

#### L&F Meal-Making Event Supplies:

- Aluminum 1/2 Size Catering Pans
- Aluminum Lids for 1/2 Size Catering Pans - (if pans do not have lids, bring aluminum foil)
- Printed labels with updated expiration date, or blank expiration date field to write in date
- Clear Packing Tape for covering labels (protects from moisture in freezer)
- Copies of the recipe to be assembled
- Special ingredients specific to recipe (noted in "Choosing the Recipe")
- Laundry baskets or boxes to transport meals to freezer (optional)

#### Hospitality Supplies:

- Name tag stickers
- Sharpies for name tags

#### Promotional Materials:

- Printed information about your ministry or about foster care and adoption that participants may read and/or take home (See "Promotional Material")

# LOAVES & FISHES - PRE-EVENT TASKS



## Gathering Supplies for Loaves & Fishes

### RECOMMENDED SOURCES for Loaves & Fishes Supplies:

#### Aluminum 1/2 Size Catering Pans:

*Note: We do not recommend using aluminum pans with domed, plastic lids, which are commonly the only pans sold at grocery stores. Aside from being more expensive, the dome lids tend to crack when frozen, and they are much more difficult to stack in freezers. Also, they do not seal as tightly as catering pans with foil lids.*

- Purchase foil pans w/lids at wholesale warehouse stores. Locally, in the Atlanta area, Sam's Club and Costco sell these pans, though if purchasing at Costco, you will need to purchase appropriate lids on-line.
- Search Amazon.com or restaurant supply websites for terms such as "Aluminum Half-Size Steam Table Pans" or "Half-Size Catering Pan."

#### Foil Lids for Half-Size Catering Pans:

- Locally in the Atlanta area, Sam's Club carries these lids (Costco does not).
- Search Amazon or other website for terms such as "Lids for Aluminum Steam Table Pans, Half-Size" or "Half-Size Catering Lid"

#### Plastic Wrap:

- You may wish to purchase plastic wrap in bulk at a wholesale warehouse store if you plan to host multiple events.

#### Labels:

- Avery Shipping Label #8168 – 4 labels per page (or similar office store brand). These labels can be purchased at any office supply store or ordered online.
- "Labels" may also be printed on normal paper, cut to size, and taped to the top of the meal.

#### Additional Supplies:

- Name tags, Sharpies, clear packing tape, etc. can be purchased at an office supply store or ordered online.

### Foster Care Awareness and Ministry Promotional Materials:

The following are ideas that can be implemented in the promotion of your foster care/adoption ministry at a Loaves & Fishes event. Meet with your Ministry Team, brainstorming new ideas to decide which will work best in your community. Most of all, it is important to raise awareness and provide additional opportunities for participants to continue engaging the critical needs of vulnerable children.

- Bring brochures that give basic information about foster care, adoption, and your ministry.
- Prepare fliers with a list of "next steps" and ways to get involved. Targeted fliers for niche groups such as women, men, or teens may be helpful.
- Bring postcards with a list of upcoming events your church or ministry has planned.
- Bring business cards to hand out with your name, ministry logo, and contact information.

# LOAVES & FISHES - PRE-EVENT TASKS

## Supplies - Promotional Material | Sending A Reminder



- Develop a postcard with impact statistics for your ministry - illustrating "How many meals delivered" or "How many foster families our church has recruited," etc...
- Create a Response Card for attendees to indicate their interest in your ministry. Various opportunities:
  - Volunteering in a Care Community
  - Becoming a foster parent
  - Helping with administrative tasks
  - Adopting a child
  - Hosting a future Loaves & Fishes event, etc...

(And, if there has been no formal registration for the event where contact information was given, ask for this on the Response Card as well.)

- Bring a camera or use the camera app on your phone to take photos of your event. Share photos on social media platforms. *Only be sure to ask permission from participants before posting their photo on social media.*
- Develop a list of ministry talking points and have a knowledgeable ministry leader speak about your ministry and answer questions. While having some ministry and content knowledge is important, emphasize to your team that the speaker does not need to have all the answers. It is perfectly fine to say, "I don't know the answer to this questions but I will find out and get back to you."

### LAST MINUTE Preparation 48 Hours Before the Loaves & Fishes:

**Double-check Loaves & Fishes Kit** | It's always a good idea to check the kit to be sure there are enough supplies and/or special ingredients to cover the amount of participants who are attending - in addition, add in extra supplies in the event you have a few unexpected attendees! There are often last minute additions and occasionally, the recipe "overflows" the pans. From our experience, always be prepared for extra everything!

**Send a reminder email** | Reminding participants of their commitment to an upcoming Loaves & Fishes event provides an opportunity to reiterate information and avoid last minute confusion. Eventbrite, Evite, and similar guest registration websites offer a reminder function, however we recommend disabling that function in favor of sending a personal email.

### Example: Email Reminder to Registered Participants

Greetings,

This is a reminder that you have registered for Loaves & Fishes on *{insert date/time...}* This event will take place at the home of *{insert name of hostess}* located at *{insert address}*. The recipe and list of ingredients (some requiring advanced preparation at home) was sent to you on *{insert date recipe sent}*.

If you have any questions, please do not hesitate to ask. We look forward to seeing you there!

*{Insert Loaves & Fishes Coordinator or Ministry Leader}*

# LOAVES & FISHES - HOSTING THE EVENT

## Blessing Families and Sharing Your Ministry



With thorough preparation and prayer, the day of the Loaves & Fishes event has arrived! It is a privilege to bring the needs to millions of vulnerable children to the forefront and to support families who have taken the step of welcoming these children home through adoption and foster care. A secondary goal is to expose participants to the ministry or group of people working to advocate for these children, inviting them to join in!

### Loaves & Fishes - The Event

For the event leader, the event takes about two hours from arrival to departure. For participants it takes 90 minutes from start to finish. Here is a general agenda for a Loaves & Fishes event leader.

#### Arriving at the Host Home

Arrive 15 minutes early to set up and check in with hostess

- Set up name tags and Sharpies near entrance
- Set up promotional materials where participants will gather
- Ensure water is available for guests, other drinks/snacks are optional
- Hook up laptop to TV or use host's computer/tv to play downloaded ministry video, if applicable
- Set up pans/lids/other meal assembly supplies in kitchen
- Place collection bins (laundry basket lined with towel, or similar) for completed casseroles out of the way in the kitchen
- Ask the hostess if there are any last minute instructions or concerns

Allow 10-15 minutes for Participants to Arrive

- Introduce yourself to guests as they arrive
- Request that everyone wears a name tag
- Introduce guests to one another, as appropriate

Gather guests together into the room where ministry awareness segment will be shown

#### Ministry Awareness

- Introduce yourself again, briefly explain your role in your church ministry or as L&F Coordinator
- Show awareness video, if applicable
- Share about foster care/adoption awareness, provide info about your ministry and it's mission
- Refer guests to promotional materials and further information
- Ask if anyone has any questions, respond
- Show the Care Community testimonial video, if applicable
- Thank guests for serving and connect L&F to overall foster care ministry
- Give instructions on meal assembly for L&F
- Ask if there are any questions about L&F procedures, respond

# LOAVES & FISHES - HOSTING THE EVENT

## Blessing Families and Sharing Your Ministry



### Loaves & Fishes General Procedures for Meal Assembly

- Each person takes one or two aluminum pans or deep dish pie crust they purchased and brought, depending on recipe selected
- Guests spray pan with cooking spray, if applicable
- Participants assemble casserole with ingredients they brought to Loaves & Fishes
- Lids are put in place and edges crimped tightly
- Plastic wrap is wrapped around sealed casserole multiple times to prevent freezer burn
- Ingredient/instruction label is placed on top of plastic wrap (*Do not place directly on lid as some recipes call for cooking with lid in place*)
- Seal label with clear packing tape to protect and ensure they stay affixed
- Pray for the family who will receive the meal
- Place completed casseroles in collection bins

### Enjoy Refreshments (optional) and Socialize

- While everyone is finishing up and having snacks, remind participants to fill out a ministry Response Card or indicate if they would like to participate in future ministry events or serve in a Care Community

### Say Goodbye and Thank Each Guest

### Transport Casseroles to Refrigerator or Freezer

- Store at hostess' home or transport to agreed-upon available freezer of a volunteer
- Inform ministry leader that casseroles have been delivered
- If there are no foster families within your church to support, collaborate with other churches or agencies to find families who could be served by the meals.

## FOLLOWING UP After a Loaves & Fishes Event

After the Loaves & Fishes event, the Loaves & Fishes Coordinator or ministry leaders should follow up with the hostess and attendees. It is both courteous and encouraging to send thanks to all the volunteers involved in a L&F service project. If Response Cards were collected or if one or more participants asked specific questions that were not answered at the event, more specific and personalized follow-up is recommended. If appropriate, it is also a great idea to inform participants of ways to be involved in upcoming events that your ministry has planned.

### Thanking the Hostess

A best practice would be to send a handwritten thank you card to the Loaves & Fishes hostess.

# LOAVES & FISHES - FOLLOWING UP

## Appreciation and Future Serving Opportunities



### Example: Thank You Note to Hostess

Dear {Host(ess)}

Thanks so much for opening your home and hosting the Loaves & Fishes service project yesterday. I truly appreciate your hospitality and support of our ministry. Your heart to serve vulnerable children was evident, and it was such a pleasure to meet you.

Thanks again,

{Your Name}

### Example: Thank You Note to Participants

Dear {Host(ess)}

Thanks so much for serving last week at the Loaves & Fishes event to benefit our community of foster families.

I think you will enjoy reading these notes we received from three foster moms:

“Just wanted to let you know how much we enjoyed the freezer meal you provided over the weekend. I consider a meal a success when at least two thirds of the family likes it! EVERYONE loved this dish (including the baby). My husband took the leftovers to work for lunch. Thank you so much for bringing the meals. It was a busy Saturday and it was so nice to know that I just had to pop this in the oven and eat. Thank you for all that you and Promise686 do for foster parents. Our family was very thankful!”

“I just wanted to thank you both again for the meals. What a blessing! The five year-old just told me I was the best cook ever after eating the Smothered Enchiladas! LOL. And, the older kids told me to make SURE I got the recipes... My husband and I have been running in opposite directions the last three weeks and it was great to be able to thaw and bake and not worry about what we were going to cook for dinner.”

“Thank you so much for the meals! We truly appreciate your kindness. When I started this foster care journey, I felt asking for help, especially for meals from our Care Community, was way too much and imposing. The meals have proven to be such a blessing and allow us to have extra time during the day with our kids. We are accepting another child into our home tonight and these frozen meals were right on time! I want to scream from the mountain tops how appreciative we are.”

We appreciate you for serving and for helping us to provide meals to our community of families!

{Your Name}

Optional: Include a list of upcoming events at the end of the email.



# LOAVES & FISHES - MEAL STORAGE

## Managing Meal Inventory



### Freezer Inventory and Management

Unless meals will be delivered to foster families immediately, a plan to store the meals that have been made will need to be in place *before* the event is held. Some churches participate in foster care by offering a ministry freezer to serve families in their area. In other ministries, volunteers who are gifted organizers or are blessed with "extra freezer space" are involved as important contributors to the success of a thriving Loaves & Fishes ministry.

#### Dedicate a Ministry Freezer

If your ministry is located in a church, home, or office and you have both the resources and space to purchase a freezer, you may decide to have a single freezer located at your ministry's "home base." The size of the freezer should be large enough to accommodate the number of meals you plan to store. If purchasing a freezer, think into the future, envisioning how many families you would most likely serve once Loaves & Fishes "takes off" in your area.

#### Recruit Volunteers with Freezer Space

Whether or not you have a ministry freezer, you may wish to recruit volunteers to store freezer meals. A best practice is to create a shared spreadsheet (e.g., a Google sheet) with contact information for freezer volunteers. Suggested information/columns to input on the spreadsheet:

- Name
- Email
- Preferred phone
- Alternate phone
- Address
- Best way to contact
- Maximum number of meals they can store
- Number of meals currently stored
- Expiration dates of meals stored
- Date spreadsheet last updated
- Willing to deliver?
- Notes

Freezer volunteers have agreed that the spreadsheet will be shared with Loaves & Fishes hostesses and the Loaves & Fishes Coordinator so that they can arrange meal drop-offs directly with the owners of the freezers. This shared spreadsheet should be periodically updated, at minimum, once per month. Freezer volunteers should be asked to update the spreadsheet any time the meal inventory changes in "their" freezer. Alternatively, the Loaves & Fishes Coordinator or ministry leader can send it to them periodically and ask for updates (e.g., the first day of each month).

# LOAVES & FISHES - MEAL DELIVERY

## Distibution and Delivery of Meals



### Developing a Plan for Meal Delivery

Finally, the fun part - blessing foster and adoptive families!! It's time to develop a plan to distribute meals to their intended recipients. Usually this involves delivery to the foster family's home. Below are some additional ideas for how best to distribute meals.

- A Meal Delivery Coordinator can be recruited to lead these efforts.
- Freezer volunteers (or other delivery volunteers) can deliver a few meals to foster families every few months, depending on consistency of supply levels.
- If your ministry is church-based, foster families can pick up meals after church on selected Sundays. If the church has a freezer or refrigerator, meals can be placed into inexpensive freezer bags and marked with the recipient's name.
- If your ministry is church-based and meals are stored in a freezer on-site, foster families can be given permission to take a certain number of meals - e.g., one per month. It is recommended that a log be kept and that families note the date and number of meals they have taken.
- Care Community Team Leaders can pick up meals from ministry freezers to deliver to the foster family they are supporting.
- The Loaves & Fishes Coordinator can make deliveries to foster or adoptive family homes.
- If there is an event where foster families will be gathering, offer to bring the meals to the event for the foster families to take home.

From the beginning, with all of the planning, communicating, shopping, gathering, assembling of meals, to the storage and delivery - these are each tasks which are actually opportunities to pray for and encourage the families these meals will serve. It may seem like a small offering, but the relationships and the awareness that grows as these meals spread throughout the community are often the most nourishing outcome of this project!

We pray you are blessed - as you seek to be a blessing!

# LOAVES & FISHES - FAQ's

## Frequently Asked Questions | Our Recommendations



### Loaves & Fishes – Q&A

#### Do you have to be able to cook to participate in a Loaves & Fishes?

Loaves & Fishes recipes are chosen to be easy to prepare for beginner cooks. Cooks of all levels are welcome at Loaves & Fishes events. The events themselves are simple meal assembly and do not usually involve any cooking on-site. Some recipes require minimal preparation at home, before attending the event. (e.g., cooking rice, browning ground beef, etc.)

#### Can children participate in Loaves & Fishes meal-making service projects?

Whether children can attend or participate in Loaves & Fishes is a decision made by the hostess and the Loaves & Fishes Coordinator or ministry leader. We recommend that children 12 and up are welcome to participate *along with their parents*.

#### Our church has one foster family we are supporting so it doesn't make sense to make 12 of one meal at our Loaves & Fishes event. What should we do?

Instead of everyone making one meal, participants can be assigned a variety of recipes. In the email in which the recipe is sent, the Coordinator can attach several recipes and assign certain participants designated recipes. Alternatively, the Coordinator can send numerous recipes and allow each participant to select a recipe. With the first strategy, it is more certain that a variety of meals will be prepared, rather than the second method that leaves the selection to chance.

#### We'd like to try a new recipe. Is this a good idea?

We recommend you use our tried and true recipes which have been tailored for Loaves & Fishes events, or at least until you are very experienced with running a Loaves & Fishes ministry. However, if you wish to make a new recipe we highly encourage following these recommendations:

- Select a recipe that does not contain unusual or very expensive ingredients, and one that is suitable to the tastes of families with young children.
- Prepare all cooked items (e.g. ground beef, chicken, spaghetti noodles) at home and bring these to the event already prepped. (It doesn't work to have 12 "cooks" waiting to use the stove to brown the meat called for in the recipe.)
- Test the recipe in advance of the Loaves & Fishes event - using the same pans, freezing, then following cooking instructions. Baking times may need to be adjusted due to whether the casseroles are partially defrosted, refrigerator temperatures or fully defrosted at room temperature.

If a new recipe is tailored, tested, and then well-received, please share it with us by emailing the Loaves & Fishes version of your recipe to [tracy@promise686.org](mailto:tracy@promise686.org).

# LIVE THE PROMISE



## ALMOST LASAGNA

### SUPPLIES TO BRING to Loaves & Fishes Event:

- Large mixing bowl, mixing spoon, 1 cup measure, tablespoon, apron
- Ingredients as listed below

### PROMISE686 WILL PROVIDE:

- Disposable pans w/lids, cooking spray, labels, packaging materials

### INGREDIENTS NEEDED:

1 pound pasta - small shells (or elbow macaroni)  
1 pound ground beef  
1 jar tomato-basil pasta sauce, (26 ounces)  
1 - 8 oz. pkg. grated parmesan cheese  
2 eggs  
1 - 16 oz. ricotta cheese  
2 cups mozzarella cheese, shredded  
salt and pepper, to taste

### PREPARED AT HOME IN ADVANCE of attending the Loaves & Fishes Event:

- Brown meat, cool and store in a Ziploc bag
- Cook pasta al dente', drain, cool and store in Ziploc bag

### MEAL ASSEMBLY at Loaves & Fishes Event:

- Stir together eggs, ricotta, grated parmesan, and salt and pepper
- Mix browned meat, tomato sauce, and pasta
- Add the meat/sauce mixture to the ricotta mixture and blend well.
- Coat a 9-by-13 baking pan with cooking spray or olive oil
- Spread half of pasta/meat mixture evenly over the bottom.
- Top with 1 cup of mozzarella
- Add the remaining pasta mixture and top with the 2nd cup of mozzarella

### PACKAGING INSTRUCTIONS:

- Cover with aluminum lid and crimp edges to seal.
- Wrap generously with plastic wrap to form a tight seal.
- Place label on plastic wrap. Cover label with tape to secure and protect from dampness.

### BAKING INSTRUCTIONS for Recipient: (Do not bake at Loaves & Fishes Event)

- Defrost. Preheat oven to 350F.
- Bake casserole for 25 minutes covered. Uncover and bake for 10 to 15 minutes until the cheese on top is lightly browned and bubbly.
- Serve with Italian bread and green salad.

# LIVE THE PROMISE

## BAKED SPAGHETTI

SUPPLIES TO BRING to Loaves & Fishes Event:

- Large mixing bowl (microwavable), mixing spoon and/or rubber scraper, apron
- Ingredients as listed below

PROMISE686 WILL PROVIDE:

- Disposable pans w/lids, cooking spray, labels, packaging materials

INGREDIENTS NEEDED:

1 (12 oz.) spaghetti pasta – prepped at home  
1 medium chopped onion– prepped at home  
1 lb. ground beef – prepped at home  
1 (26 oz.) jar meatless spaghetti sauce  
½ tsp. salt  
2 eggs  
1/3 c. parmesan cheese  
5 Tbs. butter, melted  
2 cups small curd cottage cheese  
3 cups shredded mozzarella cheese

PREPARED AT HOME IN ADVANCE of attending the Loaves & Fishes Event:

- 1 (12 oz.) spaghetti pasta, cooked to al dente, cool and package in a large Ziploc bag
- 1 lb. ground beef and 1 medium chopped onion – cook and drain, cool and package in a Ziploc bag

MEAL ASSEMBLY at Loaves & Fishes Event:

- Spray 9"X13" dish with cooking spray.
- In large bowl, melt butter and allow to cool slightly. Add parmesan cheese and eggs and mix well. Toss mixture into ziploc bag of cooked spaghetti. Gently knead bag to thoroughly coat pasta.
- In same bowl mix ground beef and onion with spaghetti sauce and salt. Put one third of sauce mixture in bottom of an.
- On top of this put half of noodle mixture. Spread half of cottage cheese on top of noodles.
- Spread one third of sauce (half of remaining sauce) on top of cottage cheese.
- Sprinkle 1.5 cups mozzarella cheese on top of sauce.
- On top of this put half of noodle mixture. Spread remaining cottage cheese on top of noodles.
- Spread remaining sauce on top of cottage cheese.
- Sprinkle remaining mozzarella cheese on top of sauce.

PACKAGING INSTRUCTIONS:

- Cover with aluminum lid and crimp edges to seal.
- Wrap generously with plastic wrap to form a tight seal.
- Place label on plastic wrap. Cover label with tape to secure and protect from dampness.

BAKING INSTRUCTIONS for Recipient: (Do not bake at Loaves & Fishes Event)

- Defrost completely.
- Bake in a 350 degree oven, covered, for 40 minutes.
- Uncover, then bake 20-30 minutes more until cheese is melted and bubbling.

# LIVE THE PROMISE

## CHEESY HAM AND POTATO BAKE

SUPPLIES TO BRING to Loaves & Fishes Event:

- Large mixing bowl, mixing spoon, and/or rubber scraper, knife, cutting board, apron
- Ingredients as listed below

PROMISE686 WILL PROVIDE:

- Disposable foil pans w/covers, labels and packaging materials.

INGREDIENTS NEEDED:

- 1 (32 ounce) package frozen hash brown potatoes
- 12 ounces cooked, diced ham (prep at home in advance if necessary)
- 1 cups heavy cream (may use half-n-half)
- 1 (16 ounce) container sour cream
- 2 cups shredded sharp Cheddar cheese
- 1 1/2 cups grated Parmesan cheese
- 2 green onions, sliced thinly
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper (optional)

PREPARATION at Loaves & Fishes Event:

- Lightly grease pan with cooking spray.
- Wash, remove outer layer, and thinly slice the green onion.
- In a large bowl, mix hash browns, ham, heavy cream, sour cream, green onion, salt, cheddar cheese, and pepper.
- Spread evenly into prepared dish.
- Sprinkle with Parmesan cheese.

PACKAGING INSTRUCTIONS:

- Cover with aluminum lid and crimp edges to seal
- Place instruction label on aluminum lid
- Cover label with tape to protect from dampness
- Wrap generously with plastic wrap – going around the container multiple times with one continuous piece of wrap to form a tight seal

BAKING INSTRUCTIONS for Recipient: (Do not bake at Loaves & Fishes Event)

- Thaw completely and bake at 375 degrees for 60 minutes

# LIVE THE PROMISE

## CHICKEN ALFREDO AND RICE

SUPPLIES TO BRING to Loaves & Fishes Event:

- Mixing bowl, cutting board, knife, measuring cup, stirring spoon, measuring spoons, apron
- Ingredients as listed below

PROMISE686 WILL PROVIDE:

- Disposable foil pans w/lids, cooking spray, labels, packaging instructions

INGREDIENTS NEEDED:

15-16 oz. Alfredo sauce

1 cup milk

3 cups cooked rice

3 cups cooked chicken, cubed

1 cup frozen peas

1/3 cup bottled roasted red sweet peppers, chopped (or roast, peel, and chop a red pepper at home)

1/2 tsp. dried basil, crushed

1 cup bread crumbs

1 Tbsp. butter, melted

PREPARE AT HOME IN ADVANCE of attending the Loaves & Fishes Event:

- Rice - 3 cups rice cooked in advance. (1 1/2 cups dry rice makes about 3 cups cooked rice.)
- Chicken - 3 cups cooked, cubed chicken (cook 1 lb. of raw, boneless chicken or purchase and pick a rotisserie chicken weighing 2-2.5 lbs.)

MEAL ASSEMBLY at the Loaves & Fishes Event:

- In large bowl combine alfredo sauce and milk.
- Stir in cooked rice, cooked and chopped chicken, peas, sweet peppers, and basil.
- Transfer to non-stick sprayed baking dish.
- Combine bread crumbs and melted butter; place in baggie and lay on top of casserole.

PACKAGING INSTRUCTIONS:

- Cover with aluminum lid and crimp edges to seal. Place instruction label on foil lid. Cover label with tape to protect from dampness. Wrap generously with plastic wrap to form a tight seal.

BAKING INSTRUCTIONS for Recipient: (Do not bake at Loaves & Fishes Event)

- Defrost. Preheat oven to 350 F.
- Unwrap and remove baggie of bread crumbs combined with butter.
- Bake at covered for 30 minutes. Uncover and sprinkle bread crumb mixture atop.
- Continue, uncovered, 20 to 25 minutes more or until heated through and crumbs are golden brown.
- Let stand 5 minutes before serving. Serves 6.

# LIVE THE PROMISE

## CHICKEN TACO CASSEROLE

SUPPLIES TO BRING to Loaves & Fishes Event:

- Large mixing bowl, mixing spoon, 1 cup measure, tablespoon, apron
- Ingredients as listed below

PROMISE686 WILL PROVIDE:

- Disposable pans w/lids, cooking spray, labels, packaging materials

INGREDIENTS NEEDED:

- 3 cups chicken breast, cooked and shredded beforehand
- 1 (1 ¼ oz.) package taco seasoning
- 1 (15 ounce) can refried beans
- 2 Tbsp water
- 3 cups monterey jack cheese, divided (or mixed cheddar/ jack)
- 12 oz. mild salsa
- 2 green onions
- 1 large tomato
- 3 cups corn chips (coarsely crushed)

PREPARED AT HOME IN ADVANCE of attending the Loaves & Fishes Event:

- 3 cups chicken breast – cook and shred chicken breasts, cool and package in a Ziploc bag

MEAL ASSEMBLY at Loaves & Fishes Event:

- Spray 9"X13" dish with cooking spray. Put crushed corn chips on bottom of pan.
- Put refried beans into mixing bowl. Add 1 cup cheese and 1 cup salsa. Stir until combined. (If difficult to mix heat for one minute on 50% power in microwave.)
- Pour bean mixture over corn chips in dish.
- Place precooked shredded chicken breast in same mixing bowl, sprinkle with taco seasoning, add 2 T. water and toss to coat.
- Add chicken to top of beans. Finely chop tomato and green onion and place on top of chicken, along with remaining salsa.
- Sprinkle remaining cheese over top.
- Cover with foil lid and crimp edges to seal. Apply ingredients label. Wrap tightly a few times around with plastic wrap to form a tight seal.

BAKING INSTRUCTIONS for Recipient: (Do not bake at Loaves & Fishes Event)

- Defrost completely. Bake in a 375 degree oven until the cheese is sufficiently melted, for approximately 30 minutes. Remove lid for last 10 minutes of baking.



# LIVE THE PROMISE

## HAM AND CHEESE SLIDERS

SUPPLIES TO BRING to Loaves & Fishes Event:

- Microwavable mixing bowl, mixing spoon, measuring spoons, knife (disposable plastic knife recommended), apron, silicon brush (optional)
- Ingredients as listed below

PROMISE686 WILL PROVIDE:

- 2 Disposable pans w/lids per participant, cooking spray, 2 labels per participant, packaging materials

INGREDIENTS NEEDED:

- 1 large pack of ham (approx. 16 oz. - at least 24 slices) or 24 slices deli ham
- 1 pack sliced Swiss cheese (10-12 slices)
- 6 TBS butter (3/4 stick)
- 2 packages 12 count sweet dinner rolls (King's Hawaiian or similar generic rolls)
- 1/3 cup mayonnaise (approx.)
- 2 tsp onion powder
- 2 tsp poppy seeds
- 1/2 tsp Worcestershire sauce
- 1 TBS mustard, Dijon preferred

MEAL ASSEMBLY at Loaves & Fishes Event:

- Spray two 9"X13" pans with cooking spray.
- Open rolls and separate the tops from the bottoms using plastic knife or by tearing gently.
- Apply a very thin layer of mayonnaise on the bottom of each roll.
- Fold slices of ham in quarters and put one slice on each roll. If extra ham, distribute it over the sliders.
- Fold slices of Swiss in quarters and distribute over the sliders. Each slider should have approximately two quarter slices of cheese, but it's fine if a few have more or fewer than that.
- Place the tops of the rolls on the sandwiches.
- Melt butter in microwavable bowl and add onion powder, poppy seeds, Worcestershire sauce, and mustard. Mix well and drizzle or brush over the 24 sandwiches.

PACKAGING INSTRUCTIONS:

- Cover pans with foil lid and crimp edges to seal. Wrap tightly a few times around with plastic wrap to form a tight seal. Apply ingredients label to plastic wrap and cover with clear packing tape to protect.

BAKING INSTRUCTIONS for Recipient: (Do not bake at Loaves & Fishes Event)

- Preheat oven to 350 degrees. Remove plastic wrap.
- Bake from frozen: Without opening lid, bake frozen sliders 30 minutes. Then remove lid and bake an additional 2 minutes uncovered until heated through.
- Or, bake after defrosting: Without opening lid, bake defrosted sliders 13 minutes. Then remove lid and bake an additional 2 minutes uncovered until heated through.

# LIVE THE PROMISE

## LIGHTER BAKED MAC AND CHEESE

SUPPLIES TO BRING to Loaves & Fishes Event:

- Cutting board, chopping knife, large mixing bowl, mixing spoon, rubber scraper, small Ziploc bag, apron

PROMISE686 WILL PROVIDE:

- Disposable foil pans w/lids, cooking spray, labels, packaging instructions

INGREDIENTS NEEDED:

16 oz. package elbow macaroni  
3 oz. baby spinach (half of a 6oz. bag)  
(2 cups diced ham – OPTIONAL if a vegetarian meal is preferred)  
12 oz. jar roasted red peppers, drained and diced  
2 large eggs  
2 cups shredded extra sharp cheddar cheese, divided (1/2 cup set aside for topping the casserole)  
16 oz. light cottage cheese – small curd  
8 oz. light sour cream  
1 teaspoon salt  
Fresh pepper, to taste

PREPARE AT HOME IN ADVANCE of attending the Loaves & Fishes Event:

- Cook pasta until just barely al dente. Drain, toss in olive oil to prevent clumping and package in a Ziploc bag and refrigerate until bringing to the Loaves & Fishes event.
- Dice ham, if necessary.

MEAL ASSEMBLY at Loaves & Fishes Event:

- Spray foil pan with non-stick spray.
- Put ½ cup of shredded cheese in a small Ziploc bag, set aside.
- Finely chop spinach, drain and dice roasted peppers
- In a large bowl, toss pre-cooked pasta, chopped spinach, diced ham, and diced red peppers.
- Whisk the eggs, then mix with 1 1/2 cups cheese, cottage cheese, sour cream, salt, and pepper.
- Combine the pasta/ham with the egg/cheese – mix thoroughly until pasta is fully coated!
- Transfer the macaroni and cheese to the foil baking pan. Cover tightly with lid.

PACKAGING INSTRUCTIONS:

- Wrap tightly with plastic wrap, inserting the small bag of ½ cup cheese under the plastic wrap to remain intact during meal storage and distribution.
- Place label on wrapped casserole, cover with tape to secure.

BAKING INSTRUCTIONS for Recipient: (Do not bake at Loaves & Fishes event)

- Defrost. Preheat oven to 350° F.
- Bake, covered with foil, for 1 hour. Uncover, top with remaining ½ cup of cheese, and continue baking until casserole appears bubbly heated thoroughly, especially in the center.
- Let stand for 5 minutes before serving.
- If baking from frozen, plan to bake an additional hour (at least two total hours).

# LIVE THE PROMISE

## SMOTHERED ENCHILADA

SUPPLIES TO BRING to Loaves & Fishes Event:

- Large mixing bowl, mixing spoon, ¼ cup measuring cup, tablespoon, can opener, apron
- Ingredients as listed below

PROMISE686 WILL PROVIDE:

- Disposable foil pans w/lids, cooking spray, labels, packaging instructions

INGREDIENTS NEEDED:

- 1 pound browned lean ground beef or ground sirloin
- 1 package taco seasoning mix
- 2 cups cooked white rice (not instant rice)
- 1 16 oz. can refried beans
- 4 cups (16 ounces) shredded Cheddar cheese
- 10 (8 inch) flour tortillas
- 1 jar 16 oz. salsa

PREPARE AT HOME IN ADVANCE of attending the Loaves & Fishes Event:

- Cook 1 cup rice using package instructions to make about 2 cups cooked rice.
- In a large skillet, brown ground beef over medium heat until no longer pink; drain. Stir in taco seasoning and water. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Stir in rice. Cook and stir until liquid is evaporated.
- Cool and package to bring to the Loaves & Fishes.

MEAL ASSEMBLY at Loaves & Fishes Event:

- Spread 2 tablespoons of refried beans, 1/4 cup beef mixture and 2 tablespoon cheese down the center of each tortilla; roll up. Place seam side down in greased baking dish. If there is beef/rice remaining, pour around wraps in pan.
- Combine salsa with 3/4 cup water; pour over enchiladas. Sprinkle with remaining cheese.
- Package using packing instructions.

PACKAGING INSTRUCTIONS:

- Cover with aluminum lid, crimp edges to seal,
- Wrap generously with plastic wrap to form a tight seal.
- Place instruction label on wrapped casserole, cover with tape to secure

BAKING INSTRUCTIONS for Recipient: (Do not bake at Loaves & Fishes event)

- Defrost. Pre-heat oven to 350 F.
- Bake for 25-30 minutes or until heated through and cheese is melted and browned.

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God sets the lonely in families. Psalm 68:6

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