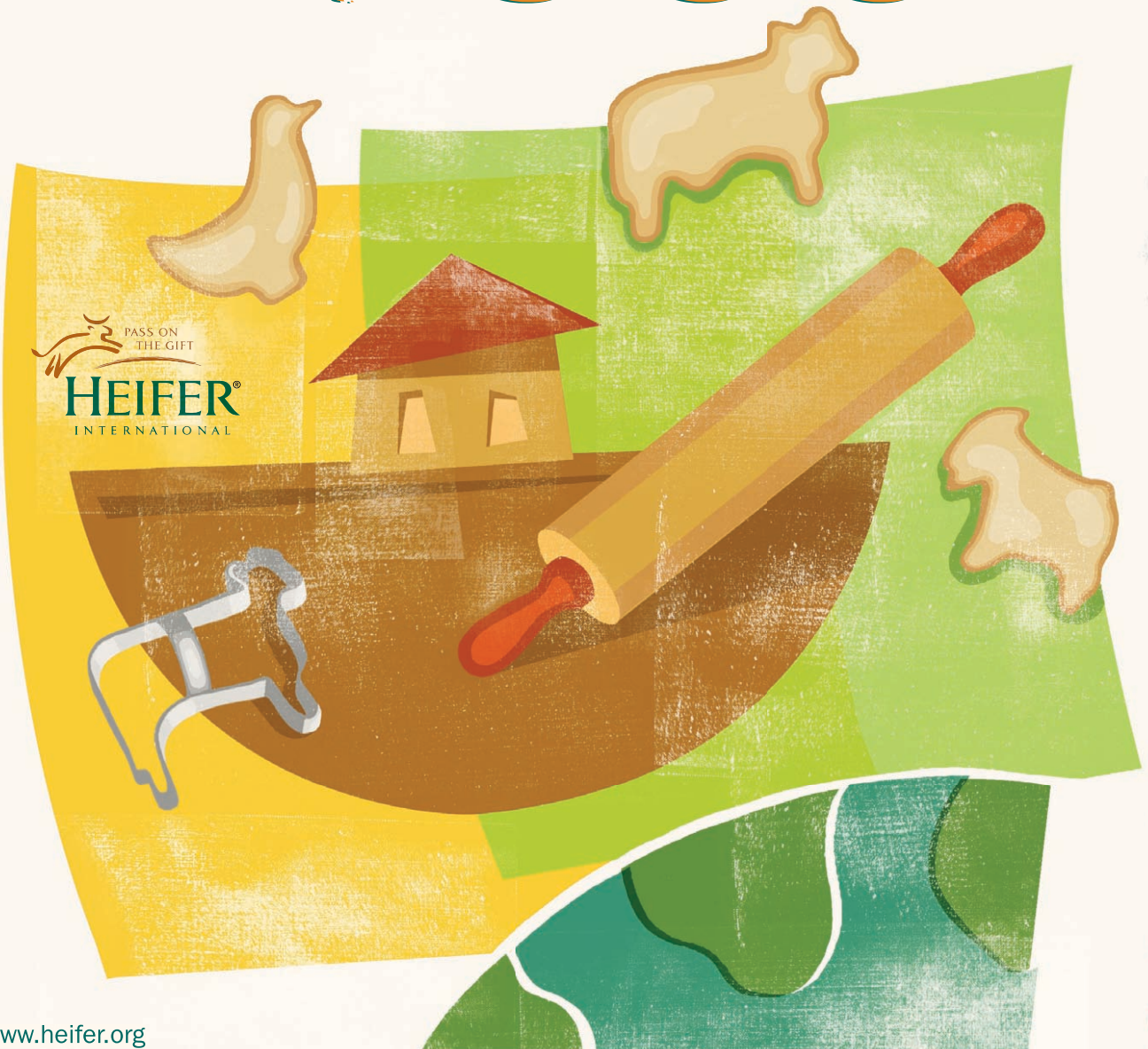


# Feeding 50000

WORKSHOP:

Cooking



PASS ON  
THE GIFT  
**HEIFER**<sup>®</sup>  
INTERNATIONAL

## OUTLINE – Cooking Workshop

**Scripture:** Genesis 6:5-9:17

### **Connection to Heifer:**

One of the great salvation stories in the Bible is about Noah, the flood and his ark. Once God chose to save Noah from the flood, they had a relationship. It was a promise that both would keep at the relationship. It was a covenant that extends to how we treat our neighbor and our environment. Heifer mirrors this covenant by providing animals to people in need so they can have a new beginning.

### **Objectives:**

- Understand that God seeks a faithful relationship between God and humankind.
- Explore the covenant between God and Noah. In response to this covenant we care for our neighbor and the earth in ways that are pleasing to God.
- Learn that Heifer mirrors this covenant by providing animals to people in need so they can have a new beginning.

### **Overview:**

- Share the story of Noah's ark.
- Learn about the animals that Heifer International provides.
- Hear how animals have changed the lives of two Heifer animal recipients.
- Learn about and consider participating in Heifer's Fill the Ark program.
- Recreate the ark and animals with gingerbread or cake and cookies. Then auction, sell or share your arks for donations toward a Heifer Gift Ark.

**Supplies:** *Select the option that works best for your congregation*

Gingerbread ark

- Gingerbread dough ingredients (pre-made dough for the first week)
- Royal Frosting - several batches (recipe available online or in many cookbooks)
- Large sheet of heavy cardboard covered with foil or decorative paper for base
- Cookie sheets
- Parchment paper
- Cardboard patterns (pattern models are provided). You will need several sets if you will be making several arks in a class.



## Cake ark

- Several cake mixes and assorted pans- see lesson for options
- Decorating frosting
- Large sheet of heavy cardboard covered with foil or decorative paper for base

## Animals Cookies

- Pre-made animal cookies for the first week
- Sugar cookie or gingerbread dough ingredients (pre-made dough for the first week)
- Assorted animal cookie cutters available from craft stores or from several online sources

## LESSON – Cooking Workshop

You will be creating a gingerbread or cake ark with lots of animals. At the end of the unit the ark will be sold to raise money for Heifer International.

- Share the story of Noah's ark with the children. This can be directly from the Bible or from a storybook from your church or public library. Remember to emphasize that the important aspect of the story is the establishment of the covenant between God and Noah.

The story of Noah's ark is a story of hope and salvation. People were making poor choices and God decided to start over again. Today people continue to make choices that put other people at risk of hunger and poverty. Heifer founder, Dan West is like a modern day Noah. When he saw hungry children he chose to do something about it. Like Noah, Dan West gathered animals to change the world. Heifer provides the living gift of animals that give people a second chance at life. Heifer animals provide life-saving nutrition and add protein to inadequate diets. Money earned from selling animal products such as cheese, eggs and woven goods helps families afford school for their children, as well as medicine and housing improvements that better the children's health.

### The Mrs. Noah Affect

Noah's wife certainly helped keep the family afloat on the ark. Because of the living gift of animals from Heifer many women around the world have found new ways to help keep their families afloat too.

Florence Ndichia is one such woman. Like those who thought Noah was crazy, people around Florence thought she was crazy for partnering with Heifer to begin raising dairy cows.

Florence received training from Heifer and developed her pasture before getting her heifer. Since then her heifer had five calves! Florence has already passed on the gift by giving a calf to another deserving farmer.

Today, the Ndichiases jointly sponsor four of their children in secondary and high school. Income generated from Florence's milk sales has also enabled her to regularly participate in various savings and thrift societies, called njangis, and purchase a handcart for transporting forage from the farm to the animal shelter. Additionally, the regular application of the animal's manure on the farm's crops has greatly increased their yields. Overall the arrival of the Heifer cow has significantly improved the family's standard of living.

Florence's resolve and hard work proved her right. Just like Noah's family Florence's family has a great new beginning.


Have the class make a list of as many farm animals as they can. Noah would have had lots of other animals but concentrate on different farm animals.

- What does each animal provide for the farmer?

See how your list compares to the list of animals Heifer International provides. (See Resource Packet)

- What animals did you miss?





This is most likely because Heifer works with farmers around the world and different farmers need different animals. Camels for example are not given to farmers in the United States, but they are well received by farmers in Tanzania. Their unique ability to go without water and to carry heavy loads makes them perfect for this dry environment.

Heifer really works with local communities to determine which animal is best suited for their needs and environment. The other thing Heifer does is train farmers in how to keep their animal, their family and their environment healthy. As you make the ark and cookies continue to talk about the different animals referring to your list and the information about the animals Heifer provides.

### **Filling The Ark:**

At the end of Noah's story there is a rainbow. Read Genesis 9: 8-17.

The covenant that God established with Noah is still in effect today. Unfortunately in our world many people struggle to have enough to eat and a place to call home. Extreme poverty affects billions of people each day. Heifer International works with local communities in more than 60 countries around the world, to improve the lives of families and their communities.

The rainbow above Noah's ark has been a symbol of hope for generations. Heifer International has a special program called Fill the Ark. Congregations are encouraged to raise \$5,000 to provide a Gift Ark. This can be developed as an ongoing project for a congregation until they reach the \$5,000 goal or animals can be purchased along the way as funds are raised. One of the ways to begin this fundraising is by creating a large gingerbread ark. This ark and the animals will be sold at the end of the unit to raise money toward the purchase of animals through Heifer.

# What's in a Gift Ark?

**\$5,000**  
The Ultimate Challenge

**2 CAMELS**  
to help families in Tanzania transport water and earn income

**2 PIGS**  
to help families in the Dominican Republic attain greater self-reliance

**2 COWS**  
to bring milk and income to families in Kosovo

**2 TRIOS OF RABBITS**  
to provide food and income to families in Vietnam

**2 WATER BUFFALO**  
to help families in the Philippines increase rice production through animal draft power

**2 DONKEYS**  
to supply animal draft power to families in Zimbabwe

**2 TRIOS OF GUINEA PIGS**  
to help families in Peru add protein to their diets and earn income

**2 BEEHIVES**  
to help families in Mexico earn money through the sale of honey and beeswax

**2 TRIOS OF DUCKS**  
to help families in Thailand generate income through the sale of eggs and birds

**2 SHEEP**  
to help families in the United States produce wool

**2 LLAMAS/ALPACAS**  
to improve livestock bloodlines and produce wool for families in Bolivia

**2 FLOCKS OF CHICKS**  
to help families in Cambodia improve nutrition and replenish their land

**2 OXEN**  
to families in Cameroon to help pull plows and carts

**2 GOATS**  
to help families in Poland provide milk for their children and earn extra income

**2 FLOCKS OF GEESE**  
to help families in China better their nutrition and income through the production of eggs and meat

*A gift to Heifer International is an extraordinary opportunity for you to change the world.*

To help the greatest number of families move toward self-reliance, Heifer does not use its limited resources to track individual animals from donation to distribution to specific families. Instead, your gift supports the entire Heifer Mission. We use your gift where it can do the most good by combining it with the gifts of others to help transform entire communities. Heifer's unique community development model assisted more than 287,000 families last year with gifts of animals, training and passing on the gift. In addition, members of more than 423,000 additional families received special training in sustainable farming techniques and another 812,000 received significant benefits indirectly. Heifer International is a 501(c)(3) organization.

## Let's get Cooking!

Heifer has a recipe for success by working with local farmers around the world. Your recipe for success is working with the members of your congregation to learn about Heifer and to find meaningful ways to support the work that Heifer does.

Follow the instructions for the type of ark you will be creating. While you are working continue to share information about Heifer animals. Decide if the participants will be allowed to make any animal or if each class will be assigned specific animal cookies to make.

ANIMALS PROVIDED BY HEIFER –Share information about the animals Heifer provides with the participants as they cut out and decorate cookies or wait for the gingerbread to cool. It is impossible to measure the value of the love shared from your congregation to the recipients of the living gifts from Heifer. The gift not only improves the life of the farmer, it also improves the lives of the families who receive a pass on and eventually the whole community!

### Were there spelling bees on Noah's Ark?

Maybe and maybe not, but there are spelling bees in the Armenian community of Vayots Dzor Marz. There lives the Hovsepyan family. They received the living gift of bees in 2006 when they became involved in Heifer's "Beekeeping to Support Education." The Hovsepyan family has seven members. There are two parents Toros and Marina, and an 83-year old grandmother Marinos, and there are four children, Anahit, Mery, Davit and Astghik.

Anahit is 26 years old and has been unable to find a job in her rural community. The other children attend school. Mery and Davit are students at Gitelik Universtiy, the only private and reputable university in Yeghegnadorz. Higher education is expensive, so tuition costs have greatly reduced the family budget. Astghik is 15 and studies at the village school.

Toros, aware of the physical as well as financial benefit of hives said, 'We worked hard all these years, and have been able to double our number of beehives so that, after we completed our pass on obligation, we are still able to produce honey for our own consumption, as well as to sell for profit to support the children's studies at Gitelik Universtiy. Selling honey has made it possible for us to improve our nutrition. Everyone in my family knows how useful honey is for human health. We hope to increase our honey-generated income in a few years time.'

So you see bees have helped the Hovsepyan children learn much more than spelling!

## GINGERBREAD ARK

The skill and experience of your facilitator should determine the complexity of the ark you make. Arks can be 3-dimensional or flat cookies. There are commercially available ark cookie cutters that would work well with younger children.

**For the experienced baker:**

- Select a recipe of your choice. It is best if you find a recipe that does not contain eggs. This reduces the risk of salmonella. You could also use an egg substitute.
- Make dough. Chill if necessary but know that room temperature dough rolls well for children.
- Optional: gather supplies to make additional dough in class.
- Cut pieces of parchment paper the size of your cookie sheets.

In class:

Optional: Make dough with participants – it will be used for the next group.

- Have children roll dough between large pieces of parchment paper.
- Cut the dough to be ¼” smaller than your cookie sheets.
- Transfer dough from large sheets of parchment paper to the cookie sheet size paper.
- With the dough on the parchment paper place it on the cookie sheet.
- Lay patterns on the dough leaving approximately 1/2” between pieces.
- Using a knife, cut out patterns and remove the excess dough.

Bake per recipe instructions.

A few minutes before the dough is finished remove pans from the oven and lay patterns on the cookies. Trim any excess so the pieces will fit nicely together when finished. This is much easier than trying to trim them when they are hard.

Return to oven and finish baking.

Remove the cookies and cool.

### **To Assemble:**

After all the pieces are cooled (ark base, deck, sides, cabin pieces, roof pieces) assemble in the following manner using royal frosting (recipe is available on line and in many cookbooks). You may want to tint the frosting to match the color of the dough. Adding brown or tan frosting color, or a small amount of cinnamon can do this.

1. Make the box from the base pieces, piping frosting along edges to ensure a good attachment. You may want to secure the box to the cardboard base you have prepared
2. Secure deck to the top of the box.
3. Attach the sides of the ark to the side of the box with the deck between them.
4. Put the sides and front of the cabin together and attach to the deck with frosting.
5. When the sides and front are dry add the roof sections one at a time allowing them to dry securely.

### **For the Novice Baker:**

Instead of making a truly three-dimensional ark, make an ark from flat cookies. You can use commercially available cookie cutters or the pattern provided. Cut, bake and decorate the cookies while you talk about the animals provided by Heifer International.

## ANIMAL COOKIES

- Have the animal cookies and dough made in advance for the first week.
- Use assorted animal shape cookie cutters – select farm animals rather than general animals.
- While these cookies are baking make up dough for next week.
- Decorate the pre-baked cookies and talk about the animals provided by Heifer.
- Each participant needs to make 3 or more cookies
  - Cookies to raise money for Heifer
  - Cookies to pass on to a member of the congregation just like the farmers pass on the gift of an animal to another deserving farmer
  - Cookies for themselves

The children may eat a cookie but they must also leave cookies to go with the ark.

## CAKE ARK

Pound cake would be a good choice for the ark as it is a firm solid cake. You will need to be an experienced cake decorator to do this project.

Begin by determining which pans you have and how they might be fashioned into an ark.

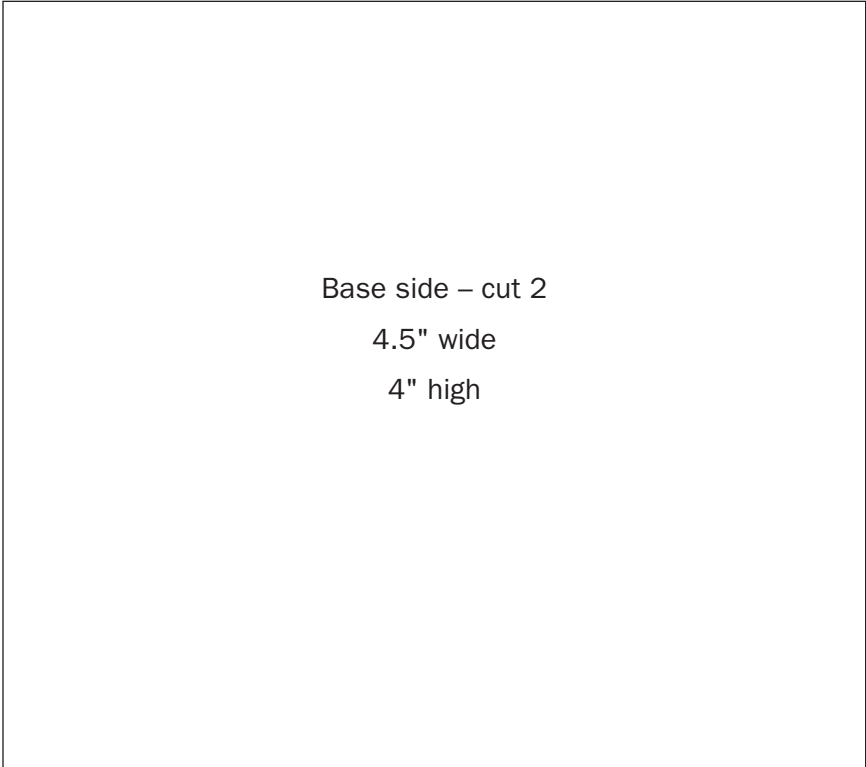
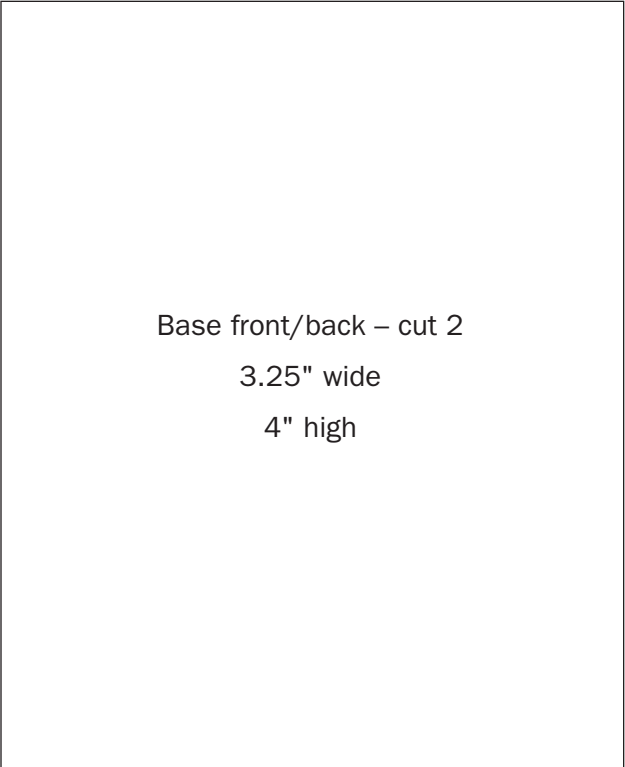
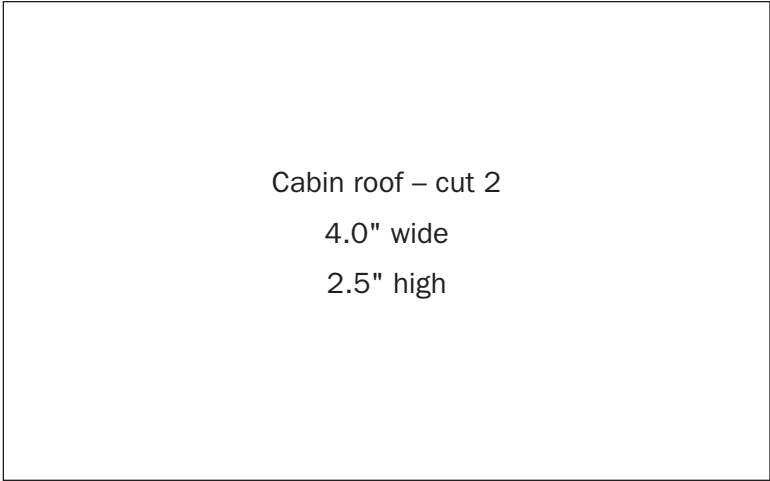
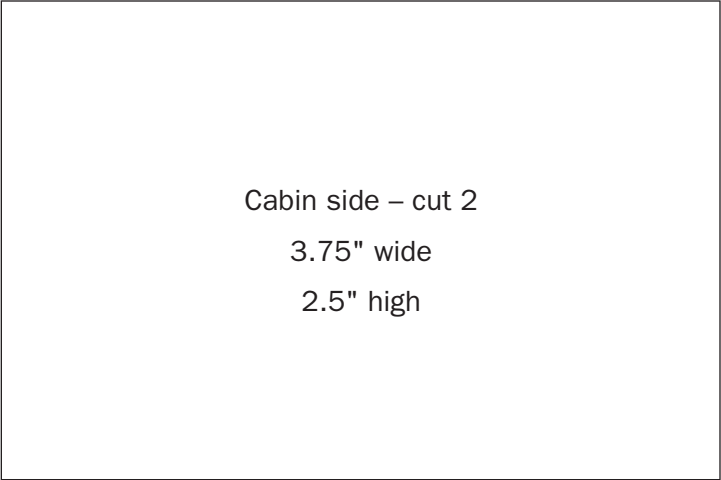
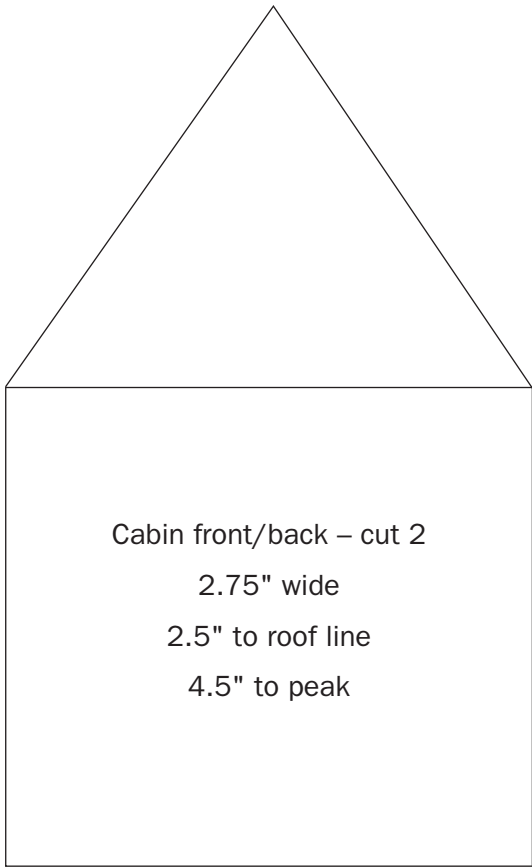
- 10” tube pans can be used to create two ark bases. When the cake is cooled cut it in half creating two half circles. Trim the rounded edge so the cake can stand up.
- 8” or 9” round pans can work. Cut the cake in half to create two half circles. Trim the rounded edge so the cake can stand up. Use frosting to stick the two halves together to make a solid base.
- Mini loaf pans (approximately 2x5) work well to create the cabin.
- Use graham crackers for the roof and ramp.

Bake the cakes and be ready to assemble them with the children. You can bake the cakes ahead and freeze them. Be sure they are thoroughly thawed before you begin to decorate or the frosting will slide off as the cake thaws.

Shape the base and attach it to the cardboard or plywood base with additional frosting. Add the cabin and the roof pieces using frosting to “glue” the pieces in place. Decorate the cake once the cake is assembled. Add as many or few details as you want.

Plastic freezer bags make good cake decorating tools. Fill the bag half way with frosting. Force the air out and close the bag. Cut off the corner of the bag so the frosting can be squeezed out.

Advertise your ark sale. If there is any additional time or you have too many children to be working on the baking all at once, have them make posters for the final sale of the ark. Older children and families might consider writing up an announcement for your Sunday bulletin or newsletter.





Ark sides – cut 2

Approximately 11" wide  
5" high

Cut curved edge along dotted line to make a  
flat edge to help stabilize the ark.

Deck – cut 1  
10.5" long  
3.25" wide

Cookie Ark:

Use the following pattern or a commercially available cookie cutter to make cookie arks.

