

- ◆ Do you know someone who is in need of a **Soul Food** delivery?
- ◆ Would you like to join a **Soul Food** team, sponsor a meal or help with deliveries?
- ◆ Are you interested in leading the **Youth Soul Food** team?
- ◆ Would you like to make a donation of equipment or food not listed in the brochure?

If so, please contact Stephanie Engelién at stephe@solarus.net or (715) 459-7576.



Soul Food

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Soul Food



A rewarding
and delicious
ministry!



Do you like to cook or wish to learn? Want to deliver a meal to someone's doorstep when they can use a little welcome relief? Could you see yourself having fun preparing those meals with others? Here's your chance—be part of a **Soul Food** team!

We're developing a new ministry to provide meals to those we know who need a bit of relief; whether recovering from surgery, loss of a loved one, illness or feeling overwhelmed by life.

Our goal is to develop several teams who will get together to prepare those casseroles, soups, stews, etc. to be shared. We even have hopes of starting a **Youth Soul Food** team.

When you join a **Soul Food** team, you'll be part of a **"Cook-In"** once a quarter. Your team will meet in someone's home/or the Grace kitchen to prepare these meals together.

Definition of a "Cook-In" - a kitchen bursting with good smells, activity and laughter; as teams gather in fellowship to prepare quality meals to share with others.

We'll be looking for "Cook-In" Coordinators who will:

- ◆ Schedule a "Cook-In" day for their teams once per quarter.
- ◆ Prepare the recipes and shopping lists.
- ◆ Find shoppers and gather other supplies such as cooking equipment and utensils.
- ◆ Give direction to the meal preparations.

***Team members will be asked to share in the cost of preparing the meals, with some assistance of monetary or supply donations from the congregation.



Want to help?

There are many ways:

- ◆ Join a **Soul Food** team and cook once a quarter.
- ◆ Help with meal deliveries.
- ◆ Sponsor the cost of one month's **"Cook-In"**. This will be especially helpful to a Youth team.
- ◆ Donate the basics such as:
 - tin foil
 - plastic wrap
 - plastic containers
 - Ziploc bags (quart and gallon sizes)
 - foil pans
 - pasta
 - rice (not Minute rice)
 - chicken and beef broth
 - cream soups (celery, mushroom, potato, and chicken)
 - gift cards for Copp's and Wal-Mart

Donations can be left in the bin marked **Soul Food** in the Grace kitchen.