

FOOD BOX CHALLENGE

Sharefest 2021

Get out your thinking cap and tie on your favorite apron, it's time to get creative in the kitchen!

Join Festival of Sharing as we kick off the Sharefest season with the Food Box Challenge.

Using items mainly from our Missouri Family Food Box, create a dish that is sure to wow the crowd! Breakfast, lunch, dinner, dessert or snack, we're hoping you or your team will pull out all your best cooking hacks.

On the next pages you will find a few directions for the challenge and an opportunity for a debrief following the fun. When you are done cooking, snap a picture, write down the recipe, and send it to us on Facebook or Instagram (@FestivalofSharing) or by email (festival@socket.net) between September 1-30 to enter the challenge. Two dishes will be selected as winners in the categories of "Just Roll With It," featuring a quick dish using few ingredients, and "Hello Gourdeous," featuring a dish that looks too good to eat. Winners will receive a sweet treat for themselves or their team, and Festival of Sharing will donate five Missouri kits to an agency of their choosing in their area.

The Missouri Family Food Box includes shelf-stable food items like canned fruit, vegetables and peanut butter. These boxes benefit a variety of agencies (like food pantries and resource offices) around Missouri who share them with the communities they serve.



**Can you rise
to the
occasion?**

FOR THE CHALLENGE

Step 1: Choose any number of these items from the food box:

- 3 cans of fruit (i.e. pineapple, pears, peaches, fruit cocktail, mandarin oranges)
- 3 cans of vegetables (i.e. green beans, corn, carrots, potatoes, peas)
- 3 boxes of macaroni and cheese
- 1 pound of pasta
- 1 can of pasta sauce
- 1 jar of peanut butter
- 3 cans of chicken
- 3 cans of tuna
- Rice (not in food box, but another item shared through Festival)

Prize Categories



Step 2: Choose any supplemental ingredients from this list:

- Milk
- Baking powder
- Sugar
- Egg
- Parsley (dried)
- Garlic Powder
- Salt
- Oatmeal
- Butter/margarine
- Pepper
- Applesauce
- Canned beans
- Cinnamon
- Flour
- Instant Mashed Potatoes

Step 3: Choose up to 3 ingredients from this list:

- 1 fresh fruit
- Hot Sauce
- 1 can of cream based soup
- Chocolate Chips
- Paprika
- Broth
- Shredded cheese
- Ranch
- Cooking oil
- Mayonnaise
- 1 fresh vegetable
- Thyme
- Crackers

Step 3: Create your food masterpiece!

Step 4: Take a picture, write a brief description and send it in to festival@socket.net, [Facebook at /FestivalofSharing](https://www.facebook.com/FestivalofSharing) or [Instagram @festivalofsharing](https://www.instagram.com/festivalofsharing) between September 1-30.

Step 5: Winners announced October 4th on Facebook and our website!

FOOD BOX CHALLENGE DEBRIEF

While this was a fun activity to engage your brain and challenge your cooking skills, food insecurity, hunger and poverty are real concerns for many families in Missouri and across the world. Here are a few facts for you to review with your group and some questions to discuss the impacts of these topics.

Facts & Definitions

- About 786,000, or 13% of Missourians live in poverty.
- The term “food insecure” means over the last 12 months a household has not been able to afford an adequate diet at all times.
- 12% of Missouri’s population experiences food insecurity.
- The opposite of that would be food security, where all people at all times have access to enough food for an active, healthy life.
- There are a variety of barriers to nutritious foods, including a household’s income, the affordability of food in the community or location of where the family lives (whether they have a grocery store in their town).
- Without nutritious food, people are at a higher risk for diseases or other health concerns and may have trouble concentrating at school or work.
- One step to alleviating hunger is to develop strategies that raise the income of families.
- Communities can support this by providing access to job skills training, encouraging businesses to provide living wage jobs, promoting local industries/business and more.

Discussion Questions

- What gifts did you bring to this challenge (i.e. cooking skills, following directions)?
- What did you learn about yourself or a group member during this activity?
- Have you talked about hunger or poverty in other situations? How was this experience similar or different?
- What is one way you could impact hunger or poverty in your community?

Want to go deeper?

One of the agencies you have the option to support through the Festival of Sharing is the Society of St. Andrew. SOSA is a food rescue agency, which means they partner with churches and groups to glean and collect leftover crops after harvest and distribute them to people experiencing hunger. In September, SOSA celebrates Hunger Action Month and offers many free resources to learn about and raise awareness for hunger and food insecurity. You can learn more at endhunger.org/ham/.