



# North Country Mission of Hope

*Working Together to Improve Lives*

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## MEALS- NEEDS Assessment and Survey

Over the past missions, we have developed a general plan for meals that focuses on simplicity, health and safety, adaptability and justice issues.

And so... we ask you to take note of:

1. We try to keep the meals cost effective yet as healthy as possible in that context and in a short term living situation.
2. Any requests for food, etc.(medical reasons) are to be directed to the point person and coordinator of the kitchen.
3. Many/most of you will be asked to work on a food prep team while in Nica. There are safety, procedural and health precautions to follow. The point person will meet with you at the appropriate time and go over all.
4. Prior to departure for the trip, there will be a general meeting with key personnel for the kitchen area. Be aware that many of you will be asked to join that "personnel".

### **MEAL PLANS:**

Breakfast: Our teams prepare

Lunch: Our teams prepare

Dinner: We hire local women to prepare Nicaraguan food for all.

***N. B. The kitchen crew assigned for the day does the clean up after all meals, including dinner.***

### **FOOD OPTIONS:**

- I. Breakfast-
  - a. Items listed below are always available. We ask you to circle the items or items that you would eat or drink for breakfast.
    - i. Coffee, (regular or decaf) tea, milk(2%)(cannot get fat-free in Nica), orange juice, cranberry juice
    - ii. Cereal- list two kinds or write NONE if you don't eat it:
    - iii. Fruit- oranges and bananas for this meal

- iv. Peanut butter and jelly
- v. Soft margarine
- vi. White and wheat bread (circle preference)
- vii. Cheese or hard boiled eggs (for protein): Please note that we will offer cheese one day and hard boiled eggs the next. Please circle which one (ones) you will eat.
- viii. Cereal bars, granola bars, cheese crackers, pb crackers. (Besides breakfast, we encourage you to take a couple of these each day for your fanny pack for a quick and nutritious snack while out on projects) **CIRCLE TWO**

**II. Lunch:**

- a. We will always have bread and pb and jelly.
- b. Please circle which of these listed fruits you will eat:
  - i. Pineapple, papaya, mangoes, watermelon, cantaloupe, honeydew melon
- c. Please note that only one other choice (i.e., pb and jelly) will be offered in addition to whatever the main item is that day for lunch.
  - i. E.G. If the main lunch is chicken salad, your choices would be chicken salad, or pb and jelly.
  - ii. Any leftovers from the evening meal or lunch meal the day before will guide any additional options.
  - iii. Towards the end of our stay, we may offer a “little of this or a little of that” to use up whatever we have.

**III. Luncheon meals have included: (Please circle which ones you would eat)**

- a. Canned chicken, tuna, canned turkey
- b. Bologna
- c. Grilled cheese sandwiches
- d. Egg salad sandwiches
- e. Pasta salad
- f. Macaroni and cheese
- g. Hot dogs
- h. Hot pasta and sauce
- i. Soup
- j. Water and/or Gatorade only will be available for lunch (hydration rationale)

**IV. Dinner:**

- a. Prepared by the local women but the kitchen crew assigned for that day is responsible for set up and clean up. Details will be given.
- b. Drinks to be available for dinner will include a variety of the following:  
Please circle what you would drink:
  - i. Ice tea, crystal light, lemonade, gatorade, water, kool-aid, sun tea (no lemon or sugar)

## V. Other:

- a. Are you a vegetarian?      Yes    No
- b. Are you lactose intolerant?    Yes    No
- c. Do you have any specific food allergies: If so, please list;
- d. Do you have any specific food/dietary needs for medical reasons (e.g. gluten free). Please list:
- e. Each day, you must remember to turn in one of your water bottles for sterilizing and sanitation. (Remember to mark your name with a permanent marker). Medical will make suggestion regarding type of water bottle to bring. They must be wide mouth water bottles- NO disposable water bottles.
- f. Any other suggestions or comments:

Signature \_\_\_\_\_

*“Hope sees the invisible, feels the intangible, and achieves the impossible.” (Helen Keller)*

*Revised November 2018*