

HEAVEN'S KITCHEN

Program Overview

Heaven's Kitchen awakens students to the HIV epidemic in the Baltimore metropolitan area, equips them to prepare nutritious meals, and learn about engaging in the lives of those individuals with HIV/AIDS in need of physical sustenance and kindness.

Hebrews: 13 states "Share what you have with others." God takes particular pleasure in acts of worship – a different kind of "sacrifice"- that takes place in the kitchen and workplace and on the streets".

Volunteer Roles

- Chef- Group leader/ facilitator to coordinate recipes, ingredient collection, and meal delivery.
- Cooks-Volunteers (especially young adults) cook and deliver meals to local clinics.



*"Start small, but just start.
Through God's grace He can do
much with one volunteer willing to
share time, resources."*

- Sharon Westra, Project Founder

What you will need:

- Kitchen Access- Other requirements may depend on State requirements and kitchen certification
- Program Facilitator/Leader
- Volunteers
- Financial contribution for supply cost

Kids in the Kitchen

In the summer of 2008, after attending HopeSprings' Journey training, Rebecca Belitsos, a junior in high school, along with 4 of her vivacious seventh grade peers heeded Jesus' call in Matthew 14:16: "You give them something to eat."

What resulted was the Heaven's Kitchen cooking ministry; the provision of nourishing meals to those infected with HIV. Rebecca also served HopeSprings for her Gold star project for Girl Scouts by raising the funds to purchase a freezer for JACQUES INITIATIVE clinic. She envisioned Central Presbyterian Church's congregation filling the freezer with casseroles so no patient in need of a meal would go home empty handed. Though Rebecca and her peers have moved on to college they have inspired two generations of young volunteers to serve in their place.



Once a month the girls get together, cook, package the food for delivery to the JACQUES Initiative HIV Clinic, and share a meal together. Six years later and with over 3,000 servings provided, Heaven's Kitchen remains committed to its mission.



Heaven's Kitchen Volunteers serving at 2015 HopeSprings Fall Fundraiser

FAQs

Q: How does your congregation get started?

A: First your congregation will need to identify a facilitator. Then identify a group within the congregation that will be cooking the meals. Finally set a date and time and get started! HopeSprings will assist in connecting congregations with clinics in need of food.

Q: How does your clinic get started?

A: Please contact us if you clinic would like to receive meals for your clients. Clinics that receive meals will need to have access to a freezer for storage.

It is about relationships

Here's what a Case Manager from JACQUES Initiative has to say:

"The casseroles were dropped off at the Clinic today and the staff is so appreciative. Every time the clients thank me profusely for the work that the Heaven's Kitchen girls do. They ask about the casseroles all of the time and have said what a blessing it is to be able to provide a meal to those in need. It's such great work and I wanted to pass on the praise!"

How to Get Started

Participating congregations claim full responsibility. HopeSprings will assist in connecting you with a community partner that needs frozen meals once a month.

1. Once your congregation has identified a facilitator and group to serve. Coordinate with your congregation on using the kitchen to cook a large meal.
*Please consult with your congregation regarding state requirements and certification as some churches require you to be Kitchen Certified through the Health Department. In some kitchens (commercial) there might need to be a certified kitchen manager present when cooking in the kitchen.
2. Decide on group size with consideration for the kitchen space and tasks assigned to each volunteer in order to be busy and productive.
3. Choose a date once a month and time to cook.
4. Choose a recipe that includes a meat, starch and vegetable. Casseroles are the best type of recipes. HopeSprings has sample recipes listed on our website: www.hopesprings.org/ways-to-engage/heavens-kitchen. Suggested meals include: Italian Meals, enchiladas, hamburger casserole with mashed potatoes and green beans.
5. Purchase the ingredients for the recipe. Purchase small aluminum containers from the Dollar Store to put the dish in (usually between 20- 25 containers).
6. Create Labels that will stick on the outside of each container. HopeSprings will provide label template upon request. Each label should contain the name of the dish, key ingredients and how to warm it up.
7. After you cook and divide up the meal into each container, place them in a large freezer until you can deliver the meals to the organization.

Costs

Estimated Church Operation Cost

Item	Quantity	Cost per Unit	Total Cost
Aluminum Containers-Based on 25 meals/ Month	300	\$1.00	=\$300
Aluminum Foil-Based on 1 roll for 25 meals/ Month	12	\$1.00	=\$12
Vinyl Gloves10 count boxes -Based on 1 Box/ Month and max of 10 volunteers per month	12	\$1.00	=\$12
Estimated Cost for Food Supplies for Year—\$100 /Month-Based 1 Day/ Month preparing 25 Meals / Month			=\$1200
Total Budget			=\$1524

www.hopesprings.org **Give online:** give.hopesprings.org info@hopesprings.org

HopeSprings 5400 Loch Raven Blvd. Baltimore, MD 21239. 410-323-0005