

HUNGER FOR GOOD

HELP END WORLD HUNGER.

HOSTING A
DINNER
FOR GOOD

HOSTING A DINNER FOR GOOD WITH WORLD RENEW

Welcome Friend,

We are so excited to share this Dinner for Good with you. When it comes to solving the global crisis of hunger for good, people often comment on the amount of food available in the world. As a global community, we have enough resources to feed everyone who shares this planet. The problem is distribution: the amount of food waste we see in countries like Canada and the United States and the amount of food insecurity we see in other areas of the world (particularly those facing more severe climate change) means food is not getting utilized or shared evenly.

But how can we change that? It's not like you can ship a bag of your groceries straight to a family in Zambia whose crops were destroyed by drought this year, right?

We understand that solving hunger is complicated, but maybe it's not as difficult as we sometimes imagine. And maybe it actually can start with your shopping cart, your kitchen, and your table.

Teaming up with our friend and brilliant chef, Melissa d'Arabian, World Renew is excited to bring this packet to you. Read through and you will discover how to prepare a savory meal that has been purchased responsibly, crafted with care, and shared with purpose. For under \$15, you can feed a group of 4 friends or family members and have an intentional conversation around food. Then, we invite you and your community to donate the savings from preparing this meal in your own kitchen rather than eating a meal out to World Renew's Hunger for Good Campaign. Our hope is that you get the chance to send some of your monthly food dollars straight to equipping a farmer with the tools, training, and supplies they need to achieve food security for their family.



If you like the intentionality behind this practice, you can purchase Melissa's cookbook *10 Dollar Dinners* and carry these meals on throughout the coming year, then give from your food budget once a month to help ensure there's enough food for everyone.

Together, we can change the story of hunger for good. And today, that change can begin with you sharing your table.

With Gratitude,

World Renew



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DINNER FOR GOOD REFLECTION: “Food Unites”

An excerpt from Melissa d’Arabian’s book *Tasting Grace*

Food is one of God’s great equalizers and unifiers. Everyone needs food to survive. Hunger hits us all the same. Without food, we realize quickly that we human beings are similar more than we’re different. All of us also need God and his goodness and grace. Every meal we eat is a reminder of our shared dependence on God.

And every meal can be a reminder to share God’s provision with others. Countless scriptural examples demonstrate our responsibility to share the earth’s food. In Exodus, when the Israelites complained to God about their hunger as they were being delivered from Egyptian slavery, God offered them manna. This free food literally fell from the sky for people to pick up according to God’s command to take only according to their need. No one was to hoard. When the people obeyed, “the one who gathered much did not have too much, and the one who gathered little did not have too little” (Exodus 16:18). Those with access were commanded to share the excess rather than assume privilege, and in fact if anyone did try to squirrel away extra manna for themselves, it became rotten and wormy and useless by morning. In the New Testament, Paul quoted this verse from Exodus right after he declared, “The goal is equality” (2 Corinthians 8: 14-15). This concept feels counter-cultural in today’s system of consumer-goods allocation.

But Jesus spent a lot of his time feeding the hungry. If you haven’t read the book of Luke, I highly recommend it. Jesus ate his way through it, and he used food to equalize the marginalized and remind them—and everyone else—of their worth.

Jesus used food to break down the artificial, societal barriers we humans build. He fed the hungry, miraculously using small portions to serve many. And Jesus didn’t just give food to the marginalized; he ate with them. It wasn’t just what he gave but who he sat with to share a meal that unified. He welcomed the marginalized tax collector, the prostitute, the sinner, and the misfit to the table.

We might be tempted to donate money to a food bank and then cross our biblical calling to feed the poor off our spiritual to-do list. But that’s not how Jesus worked... Jesus is called the Bread of Life for good reason. While Jesus is our truest, deepest nourishment, our earthly food is a small experience of that deep eternal satisfaction. Meals in the modern world divide us sometimes more than unite us as they reflect socioeconomic and other divisions. But God’s compassionate plan is for us to use food to unify and equalize instead.

Download a free *Tasting Grace* Book Club Guide at melissadarabian.net/bookclubrecipes/

Respond to God’s Invitation to Compassion

Equality begins when we connect outside of our normal social circles. Consider inviting someone who is different from you—maybe you have different backgrounds, belief systems, or cultural histories—to share the following meal at your table.

Spend a few minutes poking around World Renew’s website to learn about what it means to solve hunger long-term by equipping farming communities around the world to provide for themselves. Consider what it means to have an ongoing role in that work and how you can become the hands and feet of Jesus in someone else’s story.

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DINNER FOR GOOD RECIPES

MELISSA D'ARABIAN'S CREAMY SLOW COOKER POLENTA

PREP TIME: 5 MINUTES | COOK TIME: 2 HRS

From World Renew: When it comes to changing hunger for good, we love celebrating meal traditions that transcend culture and tie all of God's children together. Boiled cornmeal is a global staple, found in countries from Albania to Zimbabwe and in many of the contexts where World Renew has food security programming. Kenyans call this dish 'ugali' and serve it at almost every meal. In Zambia, it is known as 'nshima.' And in the United States, polenta is a more savory version of the same side. Melissa d'Arabian's polenta recipe is a particularly easy version thanks to her use of a slow cooker, and it pairs beautifully with her chicken piccata (recipe below). We hope you enjoy this wonderful dish and remember those around the world preparing a similar meal this very day.



INGREDIENTS

VEGETABLE COOKING SPRAY
1 CUP MILK
1 1/3 CUPS HALF-AND-HALF, DIVIDED
2 TABLESPOONS BUTTER, DIVIDED
1/3 CUP COARSE POLENTA, OR CORN GRITS
KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
1/2 CUP GRATED PARMESAN
SPECIAL EQUIPMENT: SLOW COOKER

INSTRUCTIONS

STEP 1: Spray the insert of a slow cooker with cooking spray (for easier clean up) and preheat on high.

STEP 2: In a medium saucepan, add the milk, 1 cup half-and-half, 1 tablespoon butter, and polenta. Season with salt and bring to a boil over medium-high heat, whisking constantly to keep the mixture lump-free. Boil for 2 to 3 minutes.

STEP 3: Pour the mixture into the slow cooker and cook on high for 2 hours, stirring once or twice per hour.

STEP 4: Once you are ready to serve, open the slow cooker and whisk in the remaining 1 tablespoon butter, remaining 1/3 cup half-and-half, and Parmesan.

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MELISSA D'ARABIAN'S CHICKEN PICCATA

PREP TIME: 15 MINUTES | COOK TIME: 10 MINUTES

From Melissa: Chicken Piccata is my go-to recipe for an unplanned weeknight meal. It's super easy—in just four steps you get a family-friendly and company-worthy chicken dinner in minutes. To get extra mileage out of my chicken breast dollar, I like to slice a thick breast into two or three thinner cutlets. I find that three chicken breasts wisely prepped is plenty for serving a family of four. Plus, thin pieces of chicken cook more quickly than thicker ones, meaning dinner gets on the table that much faster. I love the bright citrus flavor and tanginess of the lemons and capers in piccata, but feel free to adjust the ingredients as you like.

INGREDIENTS

3 BONELESS, SKINLESS CHICKEN BREASTS, RINSED AND PATTED DRY*
1/2 TEASPOON KOSHER SALT
1/4 TEASPOON GROUND BLACK PEPPER
1/4 CUP ALL-PURPOSE FLOUR
2 TABLESPOONS OLIVE OIL
1/4 POUND WHITE BUTTON MUSHROOMS, TRIMMED AND THINLY SLICED
1/4 CUP DRY WHITE WINE
JUICE OF 2 LEMONS
2 TABLESPOONS CAPERS, RINSED
2 TABLESPOONS UNSALTED BUTTER

*Meat is often the least environmentally conscious aspect of our meals. Prioritize buying grass-fed, free range chicken, and if possible, purchase from a local butcher. This may bring your meal to just over \$15, but it also supports kind and sustainable stewardship of our food.

INSTRUCTIONS

STEP 1: DREDGE AND BROWN THE CHICKEN. Place a chicken breast on a cutting board and set your palm on top of it. Use a sharp knife to slice the chicken into 2 or 3 cutlets. Repeat with the other 2 breasts. Blot dry with paper towels and season with the salt and pepper. Place the flour in a shallow dish and dredge the chicken through it, evenly coating the chicken on both sides. Place on a plate and set aside. Heat the olive oil in a large skillet over medium-high heat. Set the chicken in the pan and cook on each side until browned, 6 to 8 minutes total. Transfer the chicken to a platter.

STEP 2: SAUTÉ THE AROMATICS. Add the mushrooms to the pan and cook, stirring often, until they are browned, about 5 minutes.

STEP 3: DEGLAZE THE PAN. Pour the wine and lemon juice into the pan, using a wooden spoon to stir and scrape up any browned bits from the pan bottom.

STEP 4: FINISH THE SAUCE. Add the capers and then stir in the butter until it is melted and the sauce comes together. Turn off the heat and pour over the chicken before serving.





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DINNER FOR GOOD RECIPES

You may not cover all of these, but here are some ideas for where to lead conversation tonight. Feel free to let the time together flow wherever it flows!

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Go around and acknowledge all of the people who contributed to the plenty of your table tonight—THINK BIG. Offer up a prayer of thanks for the produce, poultry, and dairy farmers; vintners; butchers; and grocers. Perhaps you are using some plates or serving dishes that were gifted to you or maybe someone else set all of those dishes on the table in preparation for this meal; tell the stories of those loved ones and reflect on those connections with gratitude.

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“Polenta” reminds us that food can always tell a story. What foods are significant in your story? Childhood favorites? Traditional meals? Recipes passed down over generations? Dishes that remind you of your culture? Tell a food story tonight during dinner.

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Preparing dinner and eating with each other at a table requires us to create a bit of space in our schedules. How was it for you to slow down and make that room for tonight? Did it add stress to your day or generate a sense of rest? Did cooking and conversing feel life-giving or like time wasted? Were you excited to share a meal, or worried you needed to make things perfect and presentable? Talk about your experiences honestly and wonder aloud together about what God might be inviting you to embrace in your daily mealtime rhythm.

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Melissa d’Arabian writes about how Jesus used food to break down societal and economic barriers. What do you think of that aspect of Jesus’ ministry? What would it look like to do something similar in your own community? Dream about that as a table tonight.

