



A Guide on Organising an 'Eat Share Connect' Outreach



*The Giving
Methodist*

EAT ✦ SHARE ✦ CONNECT

SPEARHEADED BY



The Methodist Church
in Singapore



The Social Concerns Arm of the MCS

MWS IS ORGANISING THE EAT SHARE
CONNECT MOVEMENT, A COMMUNAL DINING
OUTREACH TO BLESS THE COMMUNITY.

EAT SHARE CONNECT IS THE THEME
OF THIS YEAR'S THE GIVING
METHODIST CAMPAIGN.



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USING FOOD TO BRING PEOPLE TOGETHER

God has commanded us to love our neighbours and to look after the poor. To have a heart for the less fortunate, we need to first know them, in order to understand and empathise with them.

Eat Share Connect aims to reduce the perception of inequality by using food to bring people together.

- Research in the US¹ shows that dining together can radically shift people's perspectives: It reduces people's perceptions of inequality as diners tend to view those of different races, genders, and socioeconomic backgrounds as more equal than they would in other social scenarios.

- Table Fellowship is a Christian spiritual discipline. There were many instances in the Bible where Jesus connected with ordinary folks, the Gentiles, outcasts and the poor over a meal.

¹:<https://www.theatlantic.com/health/archive/2014/07/the-importance-of-eating-together/374256/>

Alice Julier: Eating Together: Food, Friendship, and Inequality
<https://www.press.uillinois.edu/books/catalog/47tnp8rd9780252037634.html>

YOU CAN MAKE AN IMPACT!



**EMPOWER FAMILIES IN
NEED TO EAT HEALTHILY
MORE EASILY**

Low-income families are often misunderstood as being ignorant of the importance of a healthy diet. The truth is they lack the time and finances to eat healthily. Support them by showing them how easy it is to prepare quick healthy meals* on a low budget.

**START A CULTURE OF
BUILDING AN INCLUSIVE
COMMUNITY**

Take the step to befriend a family trapped in poverty. When we make intentional efforts to understand their circumstances, it shows that we genuinely care and also respect their needs and challenges.

RAISE \$1.65M TO FEED PEOPLE IN NEED

\$1.65 million is needed to provide 1.1 million meals for our elderly frail and sick and disadvantaged children and youths.

Visit www.mws.sg to learn more about how MWS serves the disadvantaged and the distressed in the community.

HOW DOES EAT SHARE CONNECT WORK?

Eat Share Connect provides a platform for Methodists to connect with low-income families over a meal around a dining table – a place to connect, celebrate and bless others; where brokenness is shared and harmony restored.

YOU CAN HELP!

1. Befriend families in-need yourself or through your church
2. Host a meal for them at your home, in your church with other members, or at an MWS centre
3. Prepare meals based on healthy and easy recipes
4. Donate towards the \$1.65m target to feed people in need



It only takes 2 Hours and a Lot of Love

- 30 mins – Befriender demonstrates a recipe
- 30 mins – Prepare ingredients and cook the dish together with the families
- 1 hour – Eat, Share and Connect!



Scan the QR code to view the EAT SHARE CONNECT video.

Please see the Step-by-Step Guide in the next few pages for more details.

STEP-BY-STEP GUIDE

Step 1: Decide on Venue, Date & Time

Step 2: Identify Individuals or Families In-Need*

Step 3: Promote 'Eat Share Connect' and Recruit Befrienders

Step 4: Find Sponsors

Step 5: Choose and Appoint a Halal Caterer

Step 6: Brief your Befrienders

Step 7: Setup & Logistics

Step 8: Run the 'Eat Share Connect' Outreach

Step 9: Post & Tell

**Skip Step 2 if you are organising Eat Share Connect at an MWS centre.*

STEP 1: DECIDE ON VENUE, DATE & TIME

- ☐ Your home
- ☐ Your church or spaces belonging to your church
- ☐ MWS centre
- ☐ Public venue (e.g. community club, common areas at HDB blocks) *

**Please make the necessary bookings.*

STEP 2: IDENTIFY THE INDIVIDUALS OR FAMILIES IN-NEED

Identify the low-income families you wish to invite. Use the **invitation cards** provided to reach out to the community. Download more copies from <https://thegivingmethodist.sg>

Here are a few ideas on who you can invite:

- Arm yourself with a few **conversation starters**. See **Appendix B: Tips on Interaction** for ideas.

- Go door to door at rental blocks or 2-3 room flats in your neighbourhood to invite people.
- Invite disadvantaged families or socially isolated seniors in the community.

**Skip Step 2 if you are organising Eat Share Connect at an MWS centre.*

STEP 3: PROMOTE 'EAT SHARE CONNECT' AND RECRUIT BEFRIENDERS

Recruit befrienders from your church. The suggested ratio is 1 Befriender to 3 Beneficiaries.

Please obtain **promotional materials** from MWS.

STEP 4: FIND SPONSORS

While collating responses from befrienders and the families you have invited, begin to identify sponsors to cover the cost of food and goodie bags (optional).

Ideas for Goodie Bag

- drink sachets
- cereal
- biscuits
- any other healthy, dry food

MWS will be providing a cutlery set as part of the goodie bag.

Please note that the cost of food will be borne by you or the church as the organiser.

STEP 5: CHOOSE AND APPOINT A HALAL CATERER

Meals for bigger groups should be provided by certified caterers.

- Remember to engage a certified **Halal caterer** when catering for our Muslim friends. See **Appendix A** for a list of caterers for consideration.

STEP 6: BRIEF YOUR BEFRIENDERS

Please refer to **Appendix B** for some guidelines and simple communications tips to ensure a meaningful and pleasant experience for the befriender and families you are hosting.

STEP 7: SETUP & LOGISTICS

The proposed setup is in **Appendix C**.

Please note that all ingredients, induction cooktops, cooking utensils and cutlery are to be provided by the organiser for all sessions (including sessions hosted at MWS centres).

STEP 8: RUN THE 'EAT SHARE CONNECT' OUTREACH

On the day of the meal, do ensure that you:

- Display this **Media Consent Notice** at several prominent locations at your venue. Download from <https://thegivingmethodist.sg>



STEP 9: POST & TELL



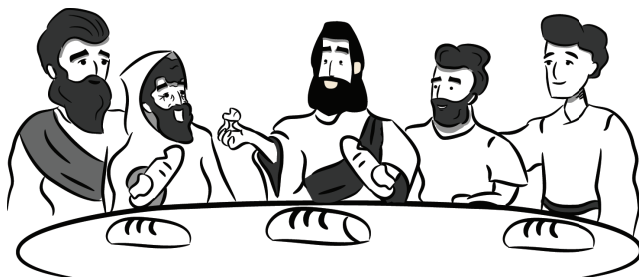
Share your experiences and photos by tagging **#thegivingmethodist** **#eatshareconnect2023** to encourage others to join the movement.

Share your photos, videos and testimonies with us at **tgm@mws.sg**! Do note that your sharing may be used for MWS' publicity and communications.

Luke 14:12-14 (NIV)

¹² “When you give a dinner or a banquet, do not invite your friends or your brothers or your relatives or rich neighbours, lest they also invite you in return and you be repaid.


¹³ But when you give a feast, invite the poor, the crippled, the lame, the blind, ¹⁴ and you will be blessed, because they cannot repay you. For you will be repaid at the resurrection of the just.”



APPENDIX A: HALAL CATERERS FOR CONSIDERATION


Elsie's Kitchen


 <https://www.elsiekitchen.com.sg>

 6288 4457

For Elsie's Kitchen only:
Enjoy a 10% discount for any
Eat Share Connect events held
between 22 February - 6 April 2023.
Contact MWS for discount code.


House of Catering

 <https://www.houseofcatering.com.sg>

 6815 9119


Select Catering

 <https://www.selectcatering.com.sg>

 6852 3333

DeliHub Catering

 <https://www.delihub.com.sg/home>

 6515 0020

APPENDIX B: VOLUNTEER GUIDE

DO

- Dress appropriately for interacting with your guests. This includes clean, neat clothing with no offensive advertisements, words or graphics. Please refrain from wearing short, tight and revealing clothes.
- Avoid profane and abusive language and disruptive behavior that are dangerous to self and others.
- Maintain strict confidentiality of all privileged information received, regardless of the subject matter.
- Seek permission from the MWS Centre Staff (if conducting a session at an MWS centre) or your guests before taking photos or videos. When taking photos of MWS clients:
 - ◇ Photos or videos of our client should not reveal more than the profile of the face unless expressed permission is given by MWS.
 - ◇ Photos or videos are not to be published (print or electronically) without written consent and approval from MWS. For those with which consent has been given, a copy of or access to the location of the consented photo or video must be provided to MWS and the respective beneficiaries.
 - ◇ By volunteering with us, you consent to MWS using all photos or videos captured of you during the volunteering activity. If you would like photos of your activity, MWS will try to arrange for assistance.

DON'T

- Give cash / valuables to guests. You may choose to prepare goodie bags for your guests containing items such as drink sachets, biscuits etc as a gift after the session.
- Provide any medication, health supplements or tonic of any kind to your guests.

TIPS ON INTERACTION

Invitation

- Introduce yourself
- Share about the Eat Share Connect initiative
- Invite the guest to the event using the invitation card
- Get to know your guest better. Ask about any dietary preferences / restrictions
- Provide contact number and directions to the venue
- Send a reminder to your guest 3 days before the event (Optional)

Body Language and Interaction

- Sit at a comfortable angle and distance
- Avoid gestures that suggest resistance or distraction (e.g. crossing arms over chest, constantly looking away when the other person is speaking, frequent checks on time, fidgeting, foot tapping, etc)
- Lean slightly towards the other person, maintaining a relaxed but attentive posture
- Listen attentively
- Maintain eye contact
- Allow time for responses
- Avoid using your mobile device during interaction

Respect and Trust

- Speak at face level
- Practice empathy - be non-judgmental
- Avoid imposing your views and opinion on their decisions and actions
- Ask instead of assume - give them respect and control of environment
- Be sensitive to the impact of your response
- Provide others with an opportunity to share their stories
- Respect your guests' religion, race, language and culture
- Treat your guests like how you would treat your friends / family members

Engagement

- Share your hobbies / interests (cooking, music, travel, food / drinks)
- Discuss the local or world news
- Share a little on the photos, decorations at home (if conducting the session in your own home)
- Engage your guests with social activities (karaoke, board games, reading newspaper / magazine, handicraft)
- Avoid asking personal questions such as: family history, financial background or marital status

ISSUES AND CHALLENGES OF BENEFICIARIES

If you are hosting an Eat Share Connect session at an MWS centre, you will meet some of our senior beneficiaries. Knowing the issues and challenges faced by our beneficiaries will allow you to understand them and enable you to be a better friend to them.

Issues and challenges faced with ageing:

- Losses
 - ♦ Self-esteem and status
 - ♦ Personal losses
 - Family, friends and social interaction
 - Home and possessions
 - Familiar surroundings
 - Jobs and income
 - ♦ Loss of independence
 - Some of the elderly may need increased assistance with activities of daily living and decision-making
 - ♦ Loss of control
 - Decision-making
 - Health-related matters
- Health Declines
 - ♦ Impairment of the five senses, especially hearing and vision
 - ♦ Physical and / or mental illness / impairment
- Fears
 - ♦ Loss of control
 - ♦ Dependency
 - ♦ Falling and injury
 - ♦ Growing old
 - ♦ Dying
 - ♦ Abandonment
 - ♦ Not having enough money
 - ♦ Change
 - ♦ Illness
 - ♦ Being alone
- Other Concerns
 - ♦ Being taken advantage of
 - ♦ Loss of dignity
 - ♦ Separation from family
 - ♦ Crime
 - ♦ Abuse
 - ♦ Retaliation

These losses and fears may cause depression and / or paranoid thinking. When we build personal relationships with our beneficiaries, we forge bonds of trust that help them feel more secure.

APPENDIX C: CHECKLIST

CHECKLIST FOR ORGANISING AN 'EAT SHARE CONNECT' OUTREACH

- Invitation cards
- Promotional materials
- Conversation starters
- Goodie bags (Optional, at own cost)
- 1-day Hygiene and F&B Safety certification (recommended)
- Food ingredients
- Utensils for cooking and eating
- Halal caterer
- Aprons for befrienders
- Media Consent Notices for display at venue

SUGGESTED SETUP

According to the size / shape of your selected venue and group size, the setup may differ. However please note the following for your setup:

- Media Consent Notice should be placed in a prominent area that is visible to all guests.
- Cooking demonstrator should be easily seen by all guests.

Mix of Befrienders & Beneficiaries
(We recommend 1 Befriender to no more than 3 Beneficiaries)

If you are organising an Eat Share Connect session at an MWS centre:

1. Order from one of the halal caterers.
2. Our centre staff will coordinate the following details with you:
 - No. of beneficiaries attending

- No. of volunteers attending
- Special dietary preferences. Frail seniors may require food to be in certain sizes (small pieces) and texture (no bones, easy to swallow) for easier and safe ingestion.
- Frail seniors need the food to be in certain size (small pieces)

3. You may wish to put up some performances or plan activities to engage with the beneficiaries after meal. As a general guide:

10 mins - Pre-session set up

10 mins - Short welcome

45 mins - Eating Together

15 mins - Activity or Performance

10 mins - Clean Up and Thank You

Total estimated time for 1 session: 2 hours including preparation and wash up.

