



EAT SHARE CONNECT

BY MWS IN CELEBRATION
OF MCS 135TH ANNIVERSARY



Guidelines on Organising an 'Eat Share Connect' Outreach



IN CELEBRATION OF

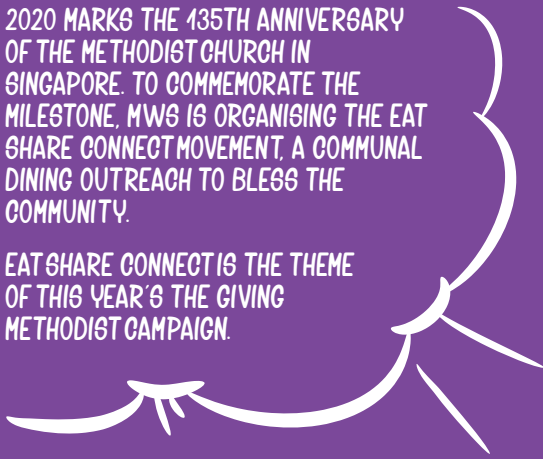


SPEARHEADED BY



2020 MARKS THE 135TH ANNIVERSARY OF THE METHODIST CHURCH IN SINGAPORE. TO COMMEMORATE THE MILESTONE, 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 S\$1.35M TO REDUCE ANXIETY OF LOW-INCOME FAMILIES ABOUT THEIR FINANCES

Research has shown that debt reduces cognitive functioning and adversely affect the ability of the poor to make good decisions. Funds raised will be used to bless families struggling with costs of daily living. This financial assistance will be given out in 4 tranches over one year.

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 found in “Simply Good – Healthy Family Meals” recipe book
4. Donate towards the \$1.35m financial assistance target

*“SIMPLY GOOD - HEALTHY FAMILY MEALS” - RECIPE BOOK - BY GC WSCS

- ORGANISERS ARE ENCOURAGED TO USE THE RECIPES FROM THIS BOOK
- AVAILABLE FOR A MINIMUM DONATION OF \$10 PER COPY
- COMES IN EITHER ENGLISH, MANDARIN, MALAY OR TAMIL
- KEEP THE RECIPE BOOK FOR YOUR OWN USE OR DONATE IT BACK TO BLESS A LOW-INCOME FAMILY
- AVAILABLE THROUGH MWS OR METHODIST CHURCHES

The recipe book is produced by General Conference of Women’s Society of Christian Service (GC WSCS) especially for MCS135.

It only takes 2 Hours and a Lot of Love

- 30 mins – Befriender demonstrates a recipe from “Simply Good – Healthy Family Meals” recipe book
- 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 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 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/eat-share-connect/>.

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 known to you or your church. They can be church members, neighbours, friends or colleagues.

**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.

You may also demonstrate and talk through a recipe from the "Simply Good – Healthy Family Meals" recipe book.

It is recommended that the demonstrator and befrienders go through a **1-day Hygiene and F&B Safety course**. Find out more on the

SkillsFuture website: <http://bit.ly/skillsf>

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

The “Simply Good – Healthy Family Meals” recipe book can be obtained for a minimum donation of \$10 per copy, and given to the beneficiary.

All proceeds will be channelled to bless 1,000 families in need.

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

The demonstration of recipes from the “Simply Good – Healthy Family Meals” recipe book is for presentation and tasting only.

Actual meals for a group of more than 30 persons must 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:

- Put on the apron that has been designed especially for the befrienders.
- Display this **Media Consent Notice** at several prominent locations at your venue. Download from <https://thegivingmethodist.sg/eat-share-connect>.



STEP 9: POST & TELL



Share your experiences and photos by tagging **#thegivingmethodist** **#eatshareconnect2020** 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


House of Catering

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


 6815 9119


Kampong Group

 <https://www.kampong.sg>

 6100 3663


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)
- "Simply Good – Healthy Family Meals" recipe books (available at a donation)
- 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. Select your recipe from the "Simply Good – Healthy Family Meals" recipe book.
2. Our centre staff will coordinate the following details with you:
 - Equipment / utensils needed

(according to what is available at the centre)

- Ingredients needed (some of our centres may already have condiments required in the recipe)
- General profile of beneficiaries that you will be interacting with. As the profile of our beneficiaries differ across centres, our respective staff will be able to advise you on what tasks the beneficiaries at your chosen centre can perform (e.g. cutting of vegetables, mixing of ingredients)
- Frail seniors need the food to be in certain size (small pieces) and texture (no bones, easy to swallow) for easier and safe ingestion.

3. We advise allocating more time for ingredient preparation especially if a big group is involved in cooking the dish. As a general guide:
 - 20 mins – Pre-session ingredient preparation (cutting / cleaning of meat) (*volunteers only)
 - 30 mins – Short welcome and cooking demonstration (Optional)
 - 20 mins – Other ingredient preparation (e.g. cutting of vegetables, measuring of condiments and other ingredients)
 - 20 mins – Cooking time
 - 30 mins – Eating together
 - 20 mins – Wash up

Note: Preparation time will differ depending on the chosen recipe. Please allocate time accordingly.



Total estimated time for 1 session: 2 – 2.5 hours including preparation and wash up.

4. Based on feedback received, recipes that include more Western ingredients such as couscous and quinoa tend to be less popular with the seniors at our centres.
5. Do remind your volunteers to be flexible about recipes. Beneficiaries with cooking experience may want to add their own touch to the dish.

Although we do want to promote healthy eating via the recipes in the recipe book, what we really want to emphasise in Eat Share Connect are the social connections that come with eating together!