

Food Guidelines Addendum

Created by Melissa Stewart Sept 2013. She found this to be a good guide for the 2 weeks she housed the choir in NH.

Breakfast -

Eggs, sausage links or bacon.

Porridge which is water and maize flour, mix hot water with maize flour until it is really soupy, cook it over the stove and then add just a touch of milk. They like it in a mug add sugar and drink it.

Plain waffles(they wrap their egg with it), pancakes and love french toast but only if it is with white bread the cheap wonder bread kind.

Hot tea every morning with honey, sugar and milk. Decaf Lipton and regular may be offered.

Lunch or Dinner -

Chipates are always a huge hit. White flour, water, and a touch of salt. Roll out and they use a bowl to cut them into perfect circles. Use a smidge of olive oil in the pan and cook.

Beans. - 4lbs red beans and soak them (though Makumbe says in Uganda they don't soak them they just cook them) Boil them until they are soft (when you squeeze them they will smooch) In a very large pot cover bottom with olive oil. Make it so hot that it is popping. While that heats cut up 1/2 green pepper, 3 plum tomatoes, 1 or 2 carrots, 1/2 onion. Throw onion in the very hot oil (watch out you may get burned), let them cook until almost black, throw in carrot, pepper and then tomato, mash and mix up. Strain beans but do not get rid of water from beans. Once the other items have fried up, scoop in the beans and mix, while mashing a good portion of them, once they are fried for a bit then you pour in the water until it looks like the right consistency. Not too soupy but not thick either. Don't forget to add salt or it is very boring! The 4lbs of beans will last a few days. (Note on beans: they would not eat other variations of beans)

Rice, they like to put the soup (beans) over the rice.

Fruits: avocado, mango, tomato, onion, watermelon, grapes – green or red, oranges have all been well received by everyone.

Sweet bread, try to always have something like that in case any children are picky and at least will eat sweet bread.

Chicken with the bone in if possible, grilled and especially fried!

Pork – is liked by most

Beef – with sautéed pepper and onion and it had a gravy and they loved it. We put it over rice and offered beans and sweet bread and they loved it.

For lunch on the go, chipate or tortilla with beans, rice, and meat wrapped up in aluminum foil and warmed.

They like lemonade, powdered and mixed it up and they all drank it. Water is and lemonade are well received.

Snacks – popcorn – yes,, pretzels not so much!

They **did not** like green beans, cooked carrots, broccoli, summer squash, or salad.