

## DOVIA Mississippi Presents Ideas for How Cooks Can Help

- Make meals to reheat for a recovering surgery patient.
- Deliver soup and crackers to a sick friend.
- Gather friends together and prepare sandwiches, chips, cookies, and drinks. Fill lunch bags and distribute them to the homeless.
- Share a recipe.
- Begin a Comfort Food Group at your faith organization. Members rotate preparing and delivering food to those in distress.
- Make and decorate Halloween cookies and deliver them to a children's home or family shelter.
- Invite a teenager over for a cooking lesson or collaboration on a cooking project.
- Host a gathering of friends and ask each to bring a recipe to exchange. Make one or two of the recipes in quantity and distribute to neighbors or to an ailing friend.
- Collaborate with friends to bake cakes and pies, and arrange with a soup kitchen to deliver the desserts for Thanksgiving dinner.
- Bake cookies and make hot chocolate (in the winter) or lemonade (in the summer) to give away to commuters or wherever people are standing in line.
- Prepare treats for neighbors, emergency workers, mail carriers, coworkers, or other community members, along with a note of appreciation. Before mailing packages or letters to military service personnel, contact your American Red Cross chapter for current procedures and regulations.
- Bake an extra loaf of banana or zucchini bread and bring it to a neighbor.
- A cookie exchange is when several friends bake a batch of cookies and then gather to assemble a collection of the various cookies and recipes to take back home. At your next cookie exchange, ask each friend to bake some extra cookies.
- Create an assortment of the extra cookies and deliver them to a family dealing with illness or surgery.
- Call a soup kitchen to find out how many people they generally serve. Then offer to prepare and deliver muffins, salad, or dessert for one of their meals.
- Have a potluck at work to celebrate a milestone like a birthday, promotion, or successful event.
- With friends, organize an ice cream social, a tea, or a bingo event for residents at an assisted living center. Bake sweets or assemble root beer floats for the residents, and stay and visit.
- Create a cookbook with recipes from different cultures. In the cookbook, include kindness stories and information about the food or the region from which it came. Distribute the cookbook to teachers, administrators, friends, and the community.

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