

# HUNGER FOR GOOD

HELP END WORLD HUNGER.

HOSTING A  
DINNER  
FOR GOOD

## DINNER FOR GOOD KIT – INTERNATIONAL EDITION

Welcome Friend,

We are so excited to share this new, international version of Dinner for Good with you. When it comes to solving the global crisis of hunger for good, people often comment on how overwhelming the problem can feel. And the statistics are heartbreaking—over 1 billion people around the world know the story of hunger. They feel it in their bellies, see it in their communities, and taste its emptiness every single day.

**But how can we change hunger? At World Renew, we understand that solving hunger is often 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.** By joining with an organization like World Renew, your support will help to train farmers and families with sustainable farming methods so they can grow enough food.

In this kit, you will discover how to prepare a savory meal from Zambia—where we have worked since 1980. **Then, we invite you and your community of friends and family to donate the savings from preparing this meal in your own kitchen, rather than eating a meal out, to support World Renew's ongoing work to end world hunger.** 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.

We've also prepared some “conversation starters,” that can be found at the end of this kit, to help you and your dinner guests make most of the evening. We hope you will enjoy this time of fellowship and conversation together.

If you like the intentionality behind this practice, you can download our *Table to Table Cookbook* at [worldrenew.net/dinnerforgood](http://worldrenew.net/dinnerforgood), and hold these dinners throughout the coming year. You can give from your food budget once a month, or often as desired, to help ensure there's enough food for everyone around the world. Plus, you'll be sharing food and love not only with your own family and friends, but with families around the world.

**To donate, or find out even more about Dinner for Good, go to: [worldrenew.net/dinnerforgood](http://worldrenew.net/dinnerforgood)**

Together, we can change the story of hunger for good. You can begin that change by sharing your table today.

Thank you for joining our Dinner for Good movement!

***Your Friends at World Renew.***



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## DINNER FOR GOOD RECIPES

### NSHIMA: BOILED CORNMEAL

PREP TIME: 2 MIN | COOKING TIME: 10 MIN

When it comes to changing hunger for good, we love celebrating meal traditions from all over the world that connect God's children together. Boiled cornmeal is a global staple, found in countries from Albania to Zambia and in many of the countries where World Renew has food security programs. In Kenya, they call it ugali. In Zambia, nshima. Paired with a savory dish like ifisashi (recipe below), a traditional Zambian stew, cornmeal is a filling and comforting addition to just about any meal.



#### SERVING SUGGESTIONS:

You can eat nshima a couple of ways. Dip the nshima into the ifisashi with your hand, so it should hold together almost like a piece of bread. Or you can pour the ifisashi over the nshima in a bowl and eat it with a spoon. Remember, it is considered good manners in Zambia if you eat with your right hand only—so try your best!

#### INGREDIENTS

4 CUPS WATER  
2 CUPS PLAIN CORNMEAL

#### INSTRUCTIONS

STEP 1: Heat water in a medium saucepan until lukewarm. (Nshima is traditionally unsalted, but you can add a tsp. of salt to the cooking water if that's your taste preference).

STEP 2: One Tbsp. at a time, slowly sprinkle  $\frac{3}{4}$  cup of the cornmeal into the water, stirring constantly. In Zambia, they use a stick; you can use a wooden spoon.

STEP 3: Continue stirring slowly until mixture begins to thicken and boil. Then cover and simmer on medium heat for 3-5 minutes.

STEP 4: Carefully remove lid and slowly pour remaining cornmeal into saucepan, briskly stirring until smooth and thick. This will be an arm workout!

STEP 5: Now turn off the heat, cover, and let the nshima sit on the stove for another 2-3 minutes. You're looking for a thick, smooth, slightly elastic dough.

STEP 6: You can now turn this out on a platter and serve as a "loaf," to be torn by hand, or you can form into small balls or torpedo shapes for individual servings.

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## IFISASHI: SWEET POTATO & SPINACH STEW

PREP TIME: 15 MIN | COOKING TIME: 30 MIN

Ifisashi is a common “ndiwo” or relish in Zambia, and is usually served with nshima. Because it is meat and dairy-free, vegans will especially appreciate this meal. If you prefer meat with your meal, any meat that is handy can be added. Hand-picked by our Zambian team, this stew-like recipe is flavorful, thick, and filling. The crunch of the peanuts along with the cooked veggies makes it especially satisfying. We hope you enjoy this wonderful dish and remember those around the world preparing a similar meal this very day.

### INGREDIENTS

1 TBSP. OIL OF YOUR CHOICE  
2 ONIONS, DICED  
2 GARLIC CLOVES, CHOPPED  
2 TOMATOES, DICED  
2 SWEET POTATOES, DICED (ABOUT 2 CUPS)  
6 CUPS FRESH SPINACH  
½ CUP WATER  
1 CAN (15 OZ.) GARBANZO BEANS (CHICKPEAS), DRAINED AND RINSED  
¾ CUP PEANUTS  
SALT TO TASTE

### INSTRUCTIONS

STEP 1: Heat oil in a large frying pan over medium-high heat.

STEP 2: Add the onions to the hot oil and cook until golden, about 6 minutes.

STEP 3: Add the garlic and cook 1-2 minutes more.

STEP 4: Add tomatoes and cook until they begin to soften.

STEP 5: Add in sweet potatoes, spinach, and water. Cover and simmer on medium heat until the sweet potatoes are tender.

STEP 6: Add garbanzo beans (chickpeas) and peanuts, and salt to taste. Cook a few more minutes until heated through.



If you are looking for other international recipe ideas, you can download World Renew's *Table to Table Cookbook* at: [worldrenew.net/dinnerforgood](http://worldrenew.net/dinnerforgood). We share tasty recipes along with inspiring stories of our work around the world.



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## DINNER FOR GOOD CONVERSATION STARTERS

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

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.

Tonight's meal comes from Zambia. Did you know that there are more than 70 languages spoken in Zambia? And that it has the world's largest waterfall? Visit [zambiatourism.com](http://zambiatourism.com) to find out more about this beautiful country, its land, and its people. Also, you can follow Loyce Nyirenda's story in our cookbook to learn more about daily life in rural Zambia; go to [worldrenew.net/dinnerforgood](http://worldrenew.net/dinnerforgood) to download.

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 farmers, vintners, butchers, and grocers. And most of all, give thanks for the people who lovingly prepared this meal. 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.

Jesus often used food to connect with people and to break down societal and economic differences between groups. What do you think of that aspect of Jesus' ministry? What would it look like to do something similar in your own community? Contemplate that at your table together.

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 how you can tailor this Dinner for Good experience to meet your lifestyle and needs. Perhaps it is taking the time to learn a new recipe and holding a dinner party with a group of friends. Or perhaps it is slowing down, serving simple food, and enjoying the company of just family at home. Whatever it is, reflect on how God is calling you to participate.

Speaking of sharing, why not take some photos of your Dinner for Good to share on your own social media? Each time you snap a picture of food, share the picture with the hashtag #dinnerforgood. Be a "Foodie for Good" and use your love of food and cooking as a platform to talk about hunger—and inspire your friends and family to make a real difference in helping those experiencing hunger.

