

HEALTHCARE MINISTRIES



Winnie's Wecipes are now available as printable 3 x 5" recipe cards. The cards look exactly like what you see here, only they are laid out as four recipes per page, ready to be printed front-to-back. Click on the Winnie's Wecipes button on the cover page to access the cards. Printing instructions are included. Most of the countries have additional recipes to choose from.

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MILK & CRACKERS

NOTE FROM THE CHEF: Milk is a vital food for good health, especially for children. Powdered milk is frequently given out by HCM to needy areas. Serve milk and crackers to your class as you talk about the work HCM does.

Milk or reconstituted milk powder
Crackers

Give each child a glass of milk and a couple crackers. Use reconstituted powdered milk for a more authentic experience.