

## **Additional Food Information**

Following is some information we have compiled from a previous work group. We hope some of this can be helpful to you as you plan. One thing to keep in mind is that this particular group was not searched while going through customs. They were able to bring lots of food into the country. This is somewhat of a risk as sometimes things can be taken away. So far the best way to avoid this is lots of prayer and taking the time to pack things in an inconspicuous way. Also very helpful is to act like you know what you are doing even when you don't!! do not mention food items or anything related to food when going through customs!!!

### **Comments from Karen Hochstetler: Head Cook for Griner Mennonite**

It is nice to be able to use the fresh fruits and vegetables from the market in Jamaica. It was very good!! Also the milk, eggs, bread, hamburger & chicken were great!

We were able to bring a lot of things from home as there were 56 people in our group which gave us a lot of space for food items.

We brought things like Bisquick, coffee cake mixes, Dehydrated Hash Brown Potatoes, Instant Mashed Potatoes, Grapenuts, Granola. We also took 2-5lb containers of Sour Cream, 2-5lb containers of Cottage Cheese, 2-5lb bags of Shredded Cheese, 4 mini horns of cheddar Cheese, 4 lg. Summer Sausages, Pillsbury Biscuits, Pillsbury Breadsticks, Rich's Topping, Real Bacon bits, Chipped Dried Beef, Burrito Shells, Lasagne Noodles, & Instant Pudding. We took apples, potatoes, baby carrots & lettuce which all traveled well but would most likely have been taken away had we been searched. We also took lots of disposable foil pans in many different sizes, Ziplock bags, Saran Wrap, Aluminum Foil, & Disposable Cutlery. We encouraged people to bring their own water glass and that saved a lot.

Following are some recipes that worked well for this group!! Maybe you will enjoy them too.

#### **Baked Egg Scramble**

4 eggs

1 TBS butter

2 TBS sour cream

salt and pepper

figure about 1 egg per person and multiply the recipe as needed

bake at 350 till set

### Baked Oatmeal

½ cup margarine—melted

2 eggs

1 cup milk

cream together and add:

3 cups quick oats

1 cup brown sugar

1 tsp salt

2 tsp baking powder

Pour into a greased 9x9 baking dish and bake at 350 for 30 minutes. May be mixed the night before and refridgerated.

### French Toast Casserole

Part 1:

1 cup brown sugar

½ cup butter

2 TBS Karo

Combine in saucepan, cook over med heat till slightly thick-stir constantly.

Pour into 9x13 pan

Part 2:

12 slices of bread-sandwich or cinnamon-I cut them in half for easier serving

place 6 slices of bread on top of syrup

Part 3:

6 eggs, slightly beaten

1 ½ cup milk

½ tsp salt

1 tsp vanilla

combine and pour half of mixture over bread. Place remaining 6 slices of bread on top and cover with remaining egg mixture.

Cover and chill 8 hours or overnight. Bake uncovered at 350 minutes.

## Bacon Quiche

16 pieces of bacon—I used the bacon crumbles

6 eggs

½ cup butter

3 cups milk

2 cups shredded cheese

1 cup bisquick

1 tsp salt

½ tsp pepper

Mix everything except cheese and bacon. Pour into 9x13 pan and then sprinkle with cheese and bacon. Bake at 350 till set. Let set 10 minutes before serving. Can be mixed the night before and refridgerated.

## Baked Apples

The kids really like these and they were very easy

Just put apple slices in a pan and sprinkle with brown sugar, cinnamon, and a bit of butter. Bake at 350 till apples are soft.

Here are some of the menus we used:

Breakfast:

Creamed Dried Beef Gravy over Toasted Bread Cubes

Scrambled Egg Casserole, Granola, Fresh Fruit

Supper:

Burrito Casserole, Lettuce Salad, Baked Apple Slices, Snicker Tapioca

Breakfast:

Bacon Quiche

Hashbrowns, soak them in water overnight and fry them in the morning

Biscuits  
Cereal  
Fruit

Supper:

Hamburgers, the mission has a grill and charcoal is available  
Potatoe wedges baked and then sprinkled with cheese and bacon  
Veggies and dip  
Brownies and Ice Cream

Breakfast:

French Toast Casserole  
Scrambled Eggs with bacon

Supper:

Lasagne  
Breadsticks  
Salad  
Jello  
Turtle Cake

Supper:

Baked Chicken  
Mashed Potatoes-instant  
Green Beans  
Lemon Delight

I hope some of these ideas can be of help to you! Also we bought water for about the first 2-3 days and then gradually switched to tap water. Only one person complained of any sort of stomach ache and she said she has a very sensitive stomach.

Have a wonderful trip!!!!

God Bless

Karen Hochstetler—Indiana—feel free to contact me if you have any-  
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