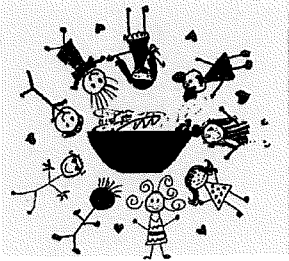


“Bake a Difference” with Spread the Bread

Spread the Bread



So, you're thinking of cooking up a Spread the Bread program with your Girl Scouts? Great! We'd like to share some of our know-how so you can benefit from what we've learned during our years of bread-spreading. Girl Scouts' mission is to build girls of courage, confidence and character, who make the world a better place. By giving bread to others, you will, indeed, make the world in which the recipients live a better place.

The most important thing to know about creating your own Spread the Bread is the idea behind it. It was begun as a way to involve kids in charitable giving at an early age so that they would see it as a way of life. Eventually this idea evolved into a mission statement:

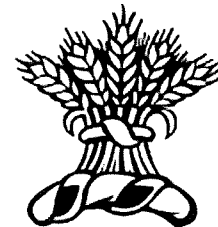
Spread the Bread is a national grassroots organization whose mission is to nurture children's innate generosity with the goal of sparking a life-long commitment to helping others. Children are provided with opportunities to practice volunteerism by baking bread and offering it to their heroes and those in need, such as seniors, shelter residents and food pantry consumers. Adults are supported in their efforts to teach children about the importance of charitable giving and community participation. Bread recipients are given a homemade loaf of bread and the message that they have been remembered. For bakers and recipients, "bread-spreading" promotes respect for the importance and dignity of each member of society.

The more you can involve family and friends, your classmates or community in the planning and design of your Spread the Bread project, the more they'll feel like it's theirs, too. But you don't have to have kids to do this. There's a role for anyone who wants to be a part of it – whether it's organizing, baking, delivering, etc. We just encourage you to invite kids and families to be involved in whatever way they can. Also, you can make a difference with just a few loaves. You don't have to worry about running a huge bread drive.

The following tells you how we've made it work, but you don't have to do exactly as we've done or suggest. If some other plan works better for your group, that's fine. Make it your own!

1. Buddy up.

Ask people if they are interested in helping organize a project. It's always more fun to have a "sisterhood or brotherhood" in dough.



2. Who could use a loaf?

Are there people in your neighborhood who need a lift? A friend going through a hard time? That's the place to start.

You can also call local nursing homes, Meals-on-Wheels, shelters, hospitals and food pantries. These folks often go without homemade food for a long time, and a nice fresh loaf of bread made with them in mind can be a real morale boost. Think about how many loaves you think you and your helpers can produce so you can offer a realistic guess to the receiving organization. When you call, tell them that you would like to donate homemade bread (different kinds of bread) and ask whom the best person is to talk to about this. Write down the contact person's name and number so you have it handy in the future. Ask when a good time would be to drop off the bread.

Also, we can't forget our heroes: the police, firefighters, veterans, and soldiers. They'd love to receive your bread gifts. You know where your local stations are for the police and firefighters and veterans organizations and homeless veterans' shelters are in abundance. We also send breads to local military/offices and bases. We love to ship breads to our soldiers who are defending our country and freedoms. That can happen, but it will cost money for shipping and some advanced planning to make sure the breads arrive fresh. Banana breads and fruit breads stay fresh the longest.

3. Spread the word!

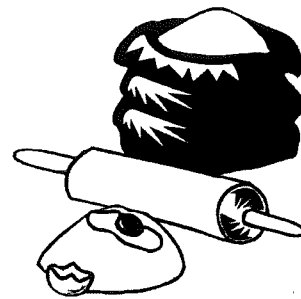
Make up a flyer asking people to help or to promote your project. Tell them what you want to do and when you need the loaves. Make sure that people know they don't have to be master chefs, producing the perfect loaf. ANY kind of bread is fine: quick bread, bread machine, yeast bread, bread from a mix, holiday bread, everyday bread... ANY KIND!

Posting flyers around town is a good start. But you'll likely get more bakers if you involve organizations, like churches/temples/mosques, schools, Girl and Boy Scout troops, day care centers, etc. You can also put up sandwich boards in high-traffic areas around town. And definitely call the local paper and tell them what you want to do. They are always looking for human interest stories. At a minimum, put a notice in the calendar and volunteer sections of the paper.

If you just want to involve your troop in the bread baking and spreading, great!

4. Bakers start your ovens...

Mix up a double (triple, quadruple) batch of your favorite recipe or mix and start baking. If you are donating loaves to food pantries, shelters or nursing homes, mini loaves often work well because single people can't always eat a whole loaf. Mini pans can be found any place where kitchen stuff is sold.



Then decorate! Ask your Girl Scouts to think of these loaves as very special presents that are going to be given to people who rarely receive presents. Notes, poetry and quotes are great, as are bows, gift bags, colored plastic wrap, wrapping paper, small toys, doilies – anything that makes your loaves look special, and will make those who receive them feel special.

5. Bake a difference.

As you bake, talk about who will receive their loaves and why you think it's important to be generous. Children often feel helpless in the face of sadness and tragedy – help them to see that they can do something to alleviate the sorrow and loneliness of others.

6. Collect and prepare.

If you are involving your community, think about the most convenient place and time for people to bring their breads. For instance, if you've been able to get a house of worship involved, collect the loaves before a gathering. Big plastic buckets with lids that say "Spread the Bread" on them by the front door will make it easy for people to make donations. Otherwise, you can ask people to drop the

bread off at a specific location/home. Make sure there is a clearly marked place to put them where animals can't get at them – buckets with snap on lids work well.

Allow time to sort through the loaves to check their condition and appearance. You may have to discard a few that don't look too appetizing. Bread-spreading is based on respect, so if you wouldn't eat it, assume the recipient wouldn't either.

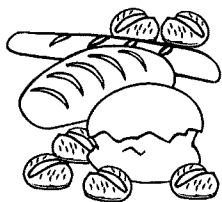
There are always some loaves that arrive "naked" (undecorated). You might want to have a supply of cards and decorating supplies handy so you can dress up these loaves. A loaf-dressing party makes it more fun, and spreads the work, as well.

Put a sticker on the bottom of each loaf that says the following:

Spread the Bread
is a community bread-giving campaign to help kids get into
the spirit of giving and to spread good will to those in need.
This loaf was baked by (add information)
For more information, contact info@spreadthebread.org

*Please be aware that this bread contains
(nuts/ dairy products/wheat...or whatever other allergens might be included)*

The sticker serves the multiple purpose of warning people about allergy precautions, letting them know the origin of the bread and who to contact if they feel the need. It also gets the word out about Spread the Bread.



7. Stand and deliver.

Involve your bakers – big and little – as much as possible in delivering the loaves. It's great for them to see where their generosity is going, and often the recipients appreciate the chance to say thanks. Nursing home residents especially love to see the children who made the bread, and sometimes the activity directors can come up with a fun way to get the kids and elders together.

8. Count your blessings!

Keep track of how many loaves you received and the places to which you donated them. Make sure to send a public letter to the newspaper thanking bakers for their work and telling them how many loaves were collected. Sometimes the recipients also want to write letters of thanks and these can go to the newspaper as well, if you like. This serves to get more people interested for the next time.

**The Spread the Bread group would like you would tell them how your project went.
Keeping track of all the bread-spreading is a big job, but it would be great to be able to say
one day that hundreds of communities spread millions of loaves of cheer!**

SPREAD THE BREAD PATCH ACTIVITIES FOR YOUTH LEADERS

Discuss the activities with the girls then help them select the ones they would like to do to complete the patch. Girls must complete a minimum of four activities to receive the Spread the Bread patch. The starred activity is required. You can also create your own special bread activity...the concept is "as pliable as the dough".

HISTORY: Discover the origins of bread. What was the first bread ever made? Who made it and when? Sourdough is the oldest yeast bread ever made. In which country was it first made? How is making bread today different than when bread was made when our country was founded? If possible, visit a historic site where bread is still being made like our founders did.



Helpful Sites -

Food Timeline - <http://www.foodtimeline.org/foodbreads.html>

The History of Bread - <http://www.breadinfo.com/history.shtml>

The History of Sourdough - <http://www.kitchenproject.com/history/sourdough.htm>

TRADITIONS: Explore how bread is viewed in different cultures and religions. Some symbols include:

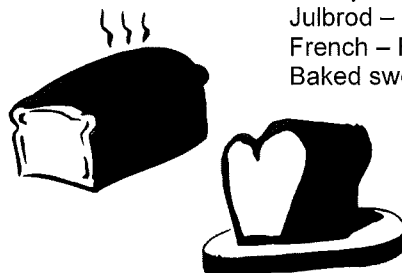
- Ukrainian – bread and salt represent hospitality
- Christianity – the body of Christ
- France – fertility
- Jewish Religion – unleavened bread for Passover...Matzo, symbol of divine help
- Breaking bread in friendship – origins grounded in ancient Arab nations
- Bahá'í Religion – heavenly food and divine perfections
- Pentecost Religion – good news
- Fry Bread has become one of the main identifiers of the Native American
- Romans – bread with a cross marked on it was a symbol of peace
- Bread has also been used as a symbol of bounty, fulfillment, hope, love, and unity.
- The expression "cast your bread on the surface of the waters," is taken from the custom of sowing seed by casting it from boats into overflowing rivers or in marshy ground. When the waters recede, the grain will fall to the soil and spring up. The encouragement here is to be a kind person because you never know when you might be in need of kindness yourself.

Talk about how bread is used in your home. Do you have any special bread that is eaten for important/festive occasions? If possible, share some special bread with each other.

DIVERSITY: Try breads with origins in a variety of cultures. Select your favorites. You could pick the one you like most and try making it. Suggestions:

Challah and Matzo - Jewish
Nan - India
Soda bread - Ireland
Pita - Greece
Tacos and tortillas - Mexico
Pumpernickel – Germany

Focaccia – Italy
Fry bread – Native American
Honey bread - Ethiopia
Julbrod – Sweden
French – France
Baked sweet bread - China



SCIENCE: What is meant by leavened and unleavened bread? How does yeast make bread rise? Look at yeast under a microscope. Why must leavened bread be kneaded? Make or try some unleavened breads. Compare it to leavened breads. Which do you like? Why? How do baking powder and baking soda work?

Helpful Sites -

"Read Aloud Stories About Bread, Yeast the Magic Maker" - <http://hometown.aol.com/glory10243/stories.html>
How Stuff Works - <http://www.howstuffworks.com/question57.htm>

TECHNOLOGY: How is bread produced commercially? Visit a place where bread is made in large quantities. It could be a local bakery, restaurant or super market with on-site baking, or manufacturing plant. You could visit a facility that grinds grains like wheat, oats, barley, rye, corn, etc. Learn how grains get from the field to your table.

NUTRITION: Compare the nutrients in different types of bread. Learn how to read the food labels. Which breads are higher in calories, sodium (salt), fat, have more whole grains. Which is healthier for you, white or whole grain bread? Why? Where does bread fit into the food pyramid? You could ask a dietician or nutritionist for help with this activity.

SPECIAL NEEDS: Learn about special needs for people who can't eat regular bread or need to restrict it.

Gluten Free – Celiac Disease What is gluten? <http://www.gicare.com/pated/edtgs06.htm>

Sodium Restricted

Fat Restricted

Fiber Restricted

Lactose Intolerance What is lactose? http://en.wikipedia.org/wiki/Lactose_intolerance

If you find someone with a special need, learn how to make bread to meet their need and give them a treat of homemade bread.

SAFETY: What safety precautions must be followed in a kitchen when making bread? Discuss the proper way to wash hands, store and handle ingredients, use an oven, prevent spills and slips and clean up. Learn simple first aid for a cuts and burns

Helpful Tip -

The Red Cross has a program on proper hand washing that is suitable for younger children. It is called Scrubby Bear. Check with your local chapter to see if it is available.

Helpful Site -

Home Safety Council - http://www.homesafetycouncil.org/safety_guide/sq_kitchen_w001.aspx

THE ARTS: Ideas -

- Learn how to braid bread and create different shaped loaves.
- Write Haiku, Limerick or Cinquain poems about bread. Attach them to your loaves of bread.

Helpful Sites –

- Haiku - http://www.readinga-z.com/poetry/lesson_plans/haiku/haiku_print.html
- Cinquain - http://www.readinga-z.com/poetry/lesson_plans/cinquain/cinquain_print.html
- Limerick - http://www.readinga-z.com/poetry/lesson_plans/limerick/limerick_print.html

- Create posters encouraging others to Spread the Bread. Hang them in public places.
- Learn to write a news article promoting Spread the Bread. Send it to your local newspaper.
- Make bread dough SWAPS and attach one to each loaf.



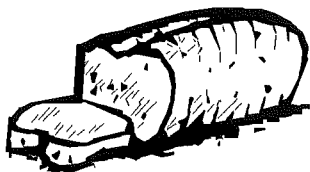
- Music can make a job seem easier. Select your favorite music and play it while making your bread. Which type of music do you think would make the task go faster and more pleasantly?
- Create a Bread Quilt. The quilt could be made of fabric with blocks representing different types of bread and the cultures from which they come or symbols of the meanings given to bread like hope, peace, unity, friendship, and love. It could also be a made with blocks of paper. Hang your quilt in a local place like a school hallway or at a house of worship. Add a poster to tell people about the Spread the Bread project.
- Read stories that use bread as a symbol or an import focus of the text like:
[Sleeping with Bread & Making Heart-Bread](#) by Dennis, Sheila, and Matthew Linn (simple children's stories)
 "The Bread & Water "by C. Schmid - http://www.4to40.com/story/index.asp?article=story_breadandwater
[Hansel & Gretel](#) - *Grimm's Fairy Tales*

CAREER DEVELOPMENT: Speak to someone who deals with bread as part of their job...baker, dietician, restaurant owner, nutritionist, etc. Find out what the job entails. What are the positive and (possibly) negative parts of the job? What education did they need for the job? Many women are famous for their work professional kitchens. Learn about some.

* **SERVICE:** Learn about the Spread the Bread project. Identify where in your local area you could donate your bread. Check with food pantries, food kitchens, welfare office, Meals on Wheels, homeless shelters, battered women's shelters, senior housing projects, places of worship, etc. The bread could also be given as thank you gifts to local heroes like veterans, police officers, firefighters and others who have supported the nation and community. Remember, the Spread the Bread mission is to give loves of bread with heartfelt messages to individuals. The bread is not meant to be sliced up and served at communal feedings.

Learn about Friendship Bread. Make some starter and spread the word to others by handing out starter and the directions for making more bread. Tell others about Spread the Bread.

Compile a booklet of bread recipes. Share them with others to help Spread the Bread mission.



Send a report of your project to Spread the Bread telling about what your group did to complete the patch requirements and where you donated the bread.

Helpful Sites –

Spread the Bread - <http://www.spreadthebread.org>

Amish Friendship Bread - <http://www.armchair.com/recipe/bake002.html>

ADDITIONAL RESOURCES:

Bread Poems and Bread Stories: <http://groups.yahoo.com/group/spreadthebread>

Go to the Spread the Bread Yahoo Group site, join the group, if not already a member, then click on Files.

Whole Grains Council: www.wholegrainscouncil.org

A consortium committed to increasing consumption of whole grains for better health. Promoter of the Whole Grain Stamp.

MyPyramid: www.mypyramid.gov

Features the updated "Food Pyramid," illustrating the USDA's 2005 Dietary Guidelines for Americans.

Wheat Foods Council: www.wheatfoods.org

A national nonprofit organization formed to help increase awareness of grains as an essential component to a healthy diet.

Wheat Mania: www.wheatmania.com

A day in the life of a Kansas wheat farm with virtual tours and trivia. Great website for kids!

American Dietetic Association: www.eatright.org

The nation's largest organization of food and nutrition professionals.

American Institute of Baking: www.aibonline.org

The original mission of the AIB was to "put science to work for the baker," a theme still central to all of the programs, products, and services provided by AIB to baking and general food production industries worldwide.

Bread Bakers Guild of America: www.bbga.org

An organization representing, educating, and promoting artisan bread bakers.

National Restaurant Association: www.restaurant.org

The leading business association for the restaurant industry.

The Food Institute: www.foodinstitute.com

A resource for food industry information.

The Pay It Forward Foundation Grants: <http://www.payitforwardfoundation.com/educators/index.html>

The Pay It Forward Foundation has some great resources for youth leaders to help young people understand the value of paying forward a good deed.

Go to the Web site and click on the buttons to the left to obtain lots of helpful ideas to get your group started in paying forward. Keep it going...print out the Pay It Forward cards, log in your good deeds and see how far they will go.

The Pay It Forward Foundation administers a mini-grant program for Pay It Forward activities designed by and involving youth in service to their school, neighborhood or the greater community. Mini-grants up to \$500 are available to schools, churches and community-based groups of youth for service activities of all types.

A Pay It Forward project is defined as one or more service activities that benefit a school, a neighborhood or the greater community, and that include learning goals for the youth participants. Only projects that clearly contain a "pay it forward" focus – that is, projects based on the concept of one person doing a favor for others, who in turn do favors for others, with the results growing exponentially – are given consideration in the grant making process.

Funds may be used for supplies, materials, equipment or transportation to a service site. Funds may not be used to pay for personnel, to replace state or local school funds, or for celebration food and drinks.

Applications for mini-grants are reviewed three times each year. Deadlines are January 15, April 15 and October 15. Applications received after a deadline will be reviewed in the subsequent grant cycle. Applicants will be notified about the status of their mini-grants within 60 days of each deadline.