

Using Food To Enhance The Lesson

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Children love to eat! They enjoy interacting while eating. Enjoying yummy food “opens the gates” of ministry. Jesus dealt with serious issues, or simply built relationships during meals (Mark 2: 15, 16; Luke 7: 36-50; Luke 19: 5, 6; Matthew 26:26; John 21). Using food in children’s ministry is an excellent way to make the lesson “delicious and memorable.”

There are cautions about using food during a lesson. We have all heard the caution about too much sugar, or foods that can cause allergic reactions. While it is very good to become aware of these two cautions, don’t be so afraid of using food in ministry that you don’t use food at all. There are many ways to incorporate the power of food safely!



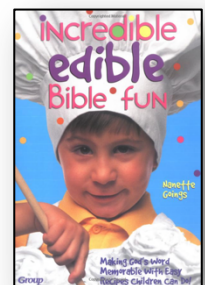
A good practice is to identify the foods or treats you will use in the ministry session at the check-in area. If parents are shown what you plan to use, they can agree or disagree with their child eating the food item. Gluten free items are always a good use of food. Gluten free cookies can be a fun, safe treat for children. Talk with your ministry supervisor or pastor about the difference between using pre-packaged, store-bought food vs. homemade goodies. Some churches and children’s ministries outlaw homemade food for the sake of safety.

Here are some great resources that might give you ideas about how to use food in your ministry.

- [Food Fun Devotions for Children's Ministry](https://www.amazon.com/FoodFun-tm-Devotions-Childrens-Ministry/dp/076442081X), by Dennis and Lana McLaughlin, Group Publishing (Includes ideas for using food in experiments, crafts, games and service projects with matching scriptures (all edible by the children, of course!). At the back of the book, there is a scripture index and a subject index to help in finding ideas. <https://www.amazon.com/FoodFun-tm-Devotions-Childrens-Ministry/dp/076442081X>

- [The Good Book Cookbook](https://www.amazon.com/Good-Book-Cookbook-Naomi-Goodman/dp/0800717066/ref=sr_1_1?crd=2APY9MYDAWVVF&keywords=The+Good+Book+Cookbook&qid=1674485387&s=books&prefix=the+good+book+cookbook%2Cstripbooks%2C87&sr=1-1), by Nancy Goodman, Robert Marcus, and Susan Woolhandler. Revell, a division of Baker Book House Co. https://www.amazon.com/Good-Book-Cookbook-Naomi-Goodman/dp/0800717066/ref=sr_1_1?crd=2APY9MYDAWVVF&keywords=The+Good+Book+Cookbook&qid=1674485387&s=books&prefix=the+good+book+cookbook%2Cstripbooks%2C87&sr=1-1

- [Incredible Edible Bible Fun](https://www.amazon.com/Incredible-Edible-Bible-Fun-Memorable/dp/0764420011/ref=sr_1_1?crd=1QATCSEADNMB&keywords=Incredible+Edible+Bible+Fun&qid=1674485430&s=books&prefix=incredible+edible+ible+fun%2Cstripbooks%2C99&sr=1-1), by Nanette Goings, Group Publishing https://www.amazon.com/Incredible-Edible-Bible-Fun-Memorable/dp/0764420011/ref=sr_1_1?crd=1QATCSEADNMB&keywords=Incredible+Edible+Bible+Fun&qid=1674485430&s=books&prefix=incredible+edible+ible+fun%2Cstripbooks%2C99&sr=1-1



- [A Biblical Feast: Foods from the Holy Land](https://www.amazon.com/Biblical-Feast-Foods-Holy-Land/dp/0898159652/ref=sr_1_1?crd=3B1GTINXWP5ZV&keywords=A+Biblical+Feast%3A+Foods+from+the+Holy+Land&qid=1674485474&s=books&prefix=a+biblical+feast+foods+from+the+holy+land%2Cstripbooks%2C101&sr=1-1), by Kitty Morse, Ten Speed Press https://www.amazon.com/Biblical-Feast-Foods-Holy-Land/dp/0898159652/ref=sr_1_1?crd=3B1GTINXWP5ZV&keywords=A+Biblical+Feast%3A+Foods+from+the+Holy+Land&qid=1674485474&s=books&prefix=a+biblical+feast+foods+from+the+holy+land%2Cstripbooks%2C101&sr=1-1

- [Feasting With God: Adventures in Table Spirituality](https://www.amazon.com/Feasting-God-Adventures-Table-Spirituality/dp/0829811532/ref=sr_1_1?crid=1PODTK389T9JZ&keywords=Feasting+With+God%3A+Adventures+in+Table+Spirituality&qid=1674485512&s=books&prefix=feasting+with+god+adventures+in+table+spirituality%2Cstripbooks%2C100&sr=1-1), by Holly Whitcomb, United Church Press
https://www.amazon.com/Feasting-God-Adventures-Table-Spirituality/dp/0829811532/ref=sr_1_1?crid=1PODTK389T9JZ&keywords=Feasting+With+God%3A+Adventures+in+Table+Spirituality&qid=1674485512&s=books&prefix=feasting+with+god+adventures+in+table+spirituality%2Cstripbooks%2C100&sr=1-1
- [The Jewish Kitchen](https://www.amazon.com/Jewish-Kitchen-Recipes-Stories-Around/dp/1566565197/ref=sr_1_4?crid=2GD47PBU1PPO8&keywords=The+Jewish+Kitchen&qid=1674485539&s=books&prefix=the+jewish+kitchen%2Cstripbooks%2C102&sr=1-4), Clarissa Hyman, Interlink Publishing Group
https://www.amazon.com/Jewish-Kitchen-Recipes-Stories-Around/dp/1566565197/ref=sr_1_4?crid=2GD47PBU1PPO8&keywords=The+Jewish+Kitchen&qid=1674485539&s=books&prefix=the+jewish+kitchen%2Cstripbooks%2C102&sr=1-4
- [Accommodating Kids With Allergies and Dietary Restrictions](https://orangekidmin.com/accommodating-kids-with-allergies-and-dietary-restrictions-2/), An excellent article from “Orange Kids” (a subsidiary of “Think Orange”) about food allergies, and how to handle them.
<https://orangekidmin.com/accommodating-kids-with-allergies-and-dietary-restrictions-2/>

