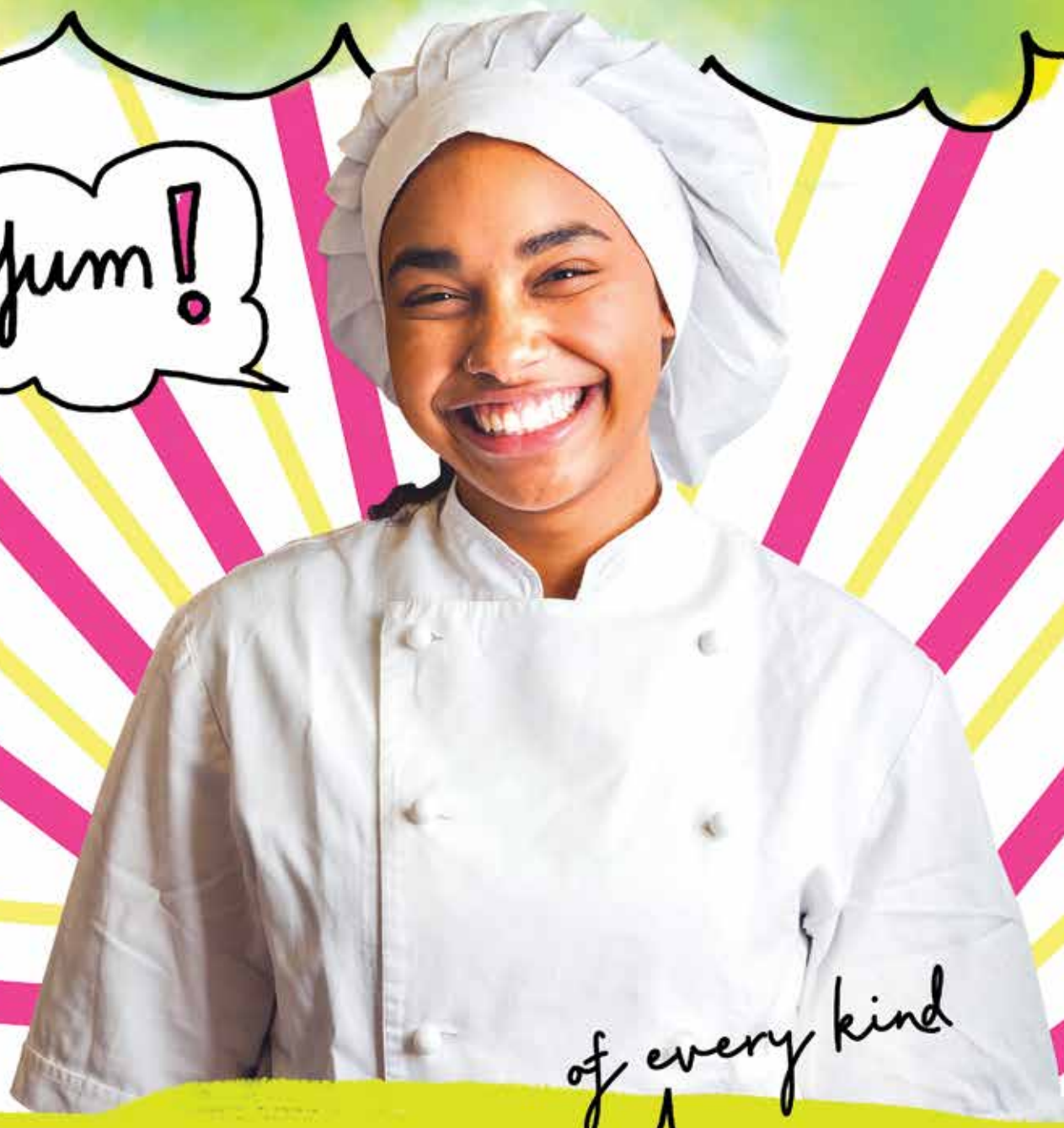


STUDENTS REBUILD HUNGER CHALLENGE

# COOKBOOK

Yum!



*of every kind*

**100 RECIPES INSIDE**

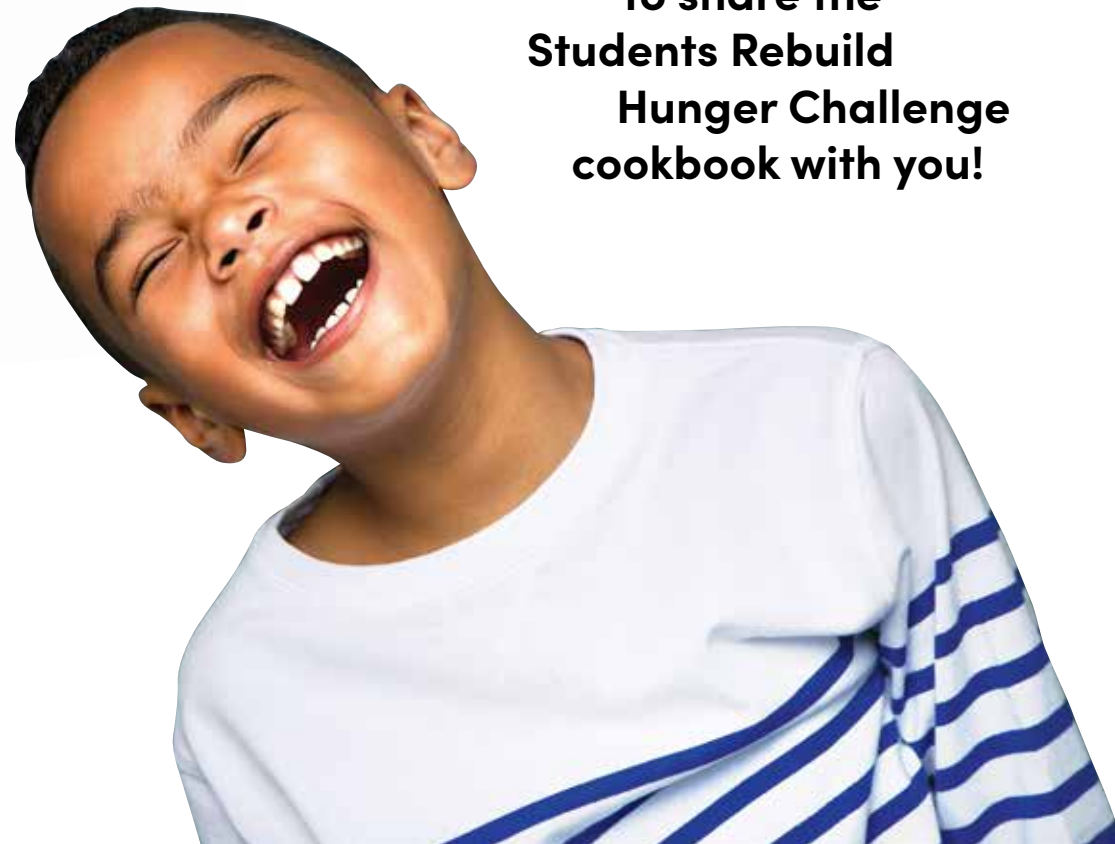
# Hello, Community!

We are **thrilled,**

**jazzed,** and just

really, really plain **excited**

to share the  
**Students Rebuild  
Hunger Challenge  
cookbook with you!**



The recipes in this cookbook are a labor of love, thoughtfulness, and meaning from the next generation. You'll see family recipes that represent many cultures, favorite foods young people love to share, and recipes for social change and character strength that will make you happy to be a human.

Community can have many definitions. Maybe it's your street. Maybe it's your village. Your church, your school, your region. Maybe you're an ambitious global citizen and the world is your people. However you define it, Students Rebuild could not be more grateful to call you a part of our community.

As you know, about halfway through this Challenge, in March 2020, our global community was tested. The pandemic brought on by Coronavirus began – and continues to affect the globe. In the U.S. schools were closed, distance learning was in effect, and people everywhere continued trying to keep each other safe while transitioning through upheaval.

While Students Rebuild saw a major shift in participation due to the outbreak, we also saw the inspiring growth of our community, resulting in the most team registrations ever for a Challenge. Stay at home orders

meant that not every team was able to finish, and not as many teams as usual mailed us art. But the collective stories and experiences of our teams – and the even more critical and important work of our partners – made our hearts grow and our optimism for the future brighten, on repeat.

We hope you enjoy these delicious and fun recipes, try them at home, share them safely, and smile when you think of where, why, and how they were created. We also hope you take a moment to think of those who might have less to eat, and how you could continue to support them in ways big and small – even though the Challenge is over.

With elbow bumps and high fives from all of us at Students Rebuild!

*Valeri*

Valerie  
Creative Director of Students Rebuild





# RECIPES



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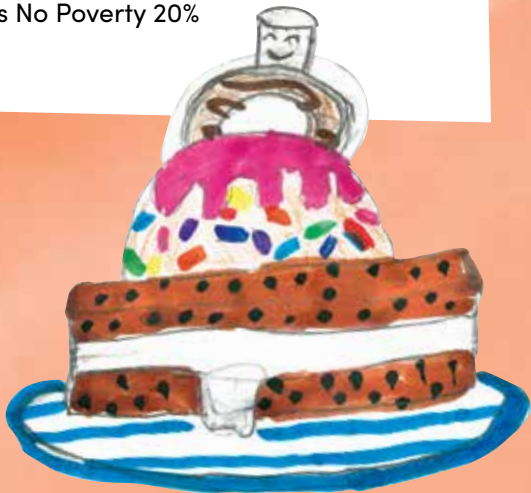
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# Hunger Challenge

With 821 million people—or one in nine—suffering from hunger globally (and one in five in the United States), whether we realize it or not, the faces of hunger are all around us.

During the Hunger Challenge, we gathered young people around a global table to learn about hunger in all its guises—malnutrition, food insecurity, “food deserts,” and more—investigating how hunger interferes with education and development to prevent too many young people from living full, healthy lives.

We also looked at what can be done to end hunger—from emergency relief in places dealing with conflict like Yemen—to longer-term solutions, like training the next generation of urban farmers in the U.S.

## THE CHALLENGE WAS SIMPLE:

- 1 Learn about hunger and how it affects young people—around the world and in their own backyards.
- 2 Create an artfully illustrated version of a recipe—an actual one or an imaginative one—that reflects culture, community, and connection.
- 3 Send the artistic recipes to us.

FROM SEPTEMBER 2019 - JUNE 2020, STUDENTS REBUILD ISSUED THE HUNGER CHALLENGE—INVITING YOUNG PEOPLE AROUND THE WORLD TO JOIN US IN LEARNING ABOUT AND RESPONDING TO HUNGER AND MALNUTRITION. BY MIXING HEAPING PORTIONS OF **curiosity**, **compassion**, and **creativity**, STUDENTS HELPED PUT FOOD ON THE TABLE FOR CHILDREN ACROSS THE U.S. AND FIVE COUNTRIES GLOBALLY.



## FOR EVERY RECIPE WE RECEIVED, THE BEZOS FAMILY FOUNDATION MADE A \$3 DONATION—UP TO \$700,00—

to organizations addressing hunger and malnutrition around the world and across the spectrum of need, from emergency relief and feeding programs to longer-term agricultural development.

The project was going great! Recipes were coming in left and right!

And then... the COVID-19 outbreak happened—amplifying hunger needs around the world, including in the U.S., where school closures complicated the delivery of critical school meals, particularly for vulnerable students.

Students Rebuild was in a unique and timely position to step in.

- We upped the recipe matching funds from \$3 each to \$6 each.
- We extended the Challenge deadline into the summer.
- We brought on three additional partners, each having a direct hunger response to the outbreak.
- We increased our giving to two standing partners, supporting them in their COVID response.
- And, we increased our giving by a million dollars, bringing the Hunger Challenge total to \$1.7 million total – all fueled by young people’s creativity and action.





# By the Numbers



130,048  
total recipes



39,994 students  
participating

2,456  
pizza recipes



(from Ulaanbaatar!)  
5,204  
MILES  
farthest  
traveled recipe

230,900  
students  
impacted



most popular recipe:  
**KINDNESS!**



84,541  
school meals  
donated



10,292  
dessert  
recipes



160+  
acres of farmland  
maintained  
by partners





A sampler of our digital recipes!



# Sides & Snacks

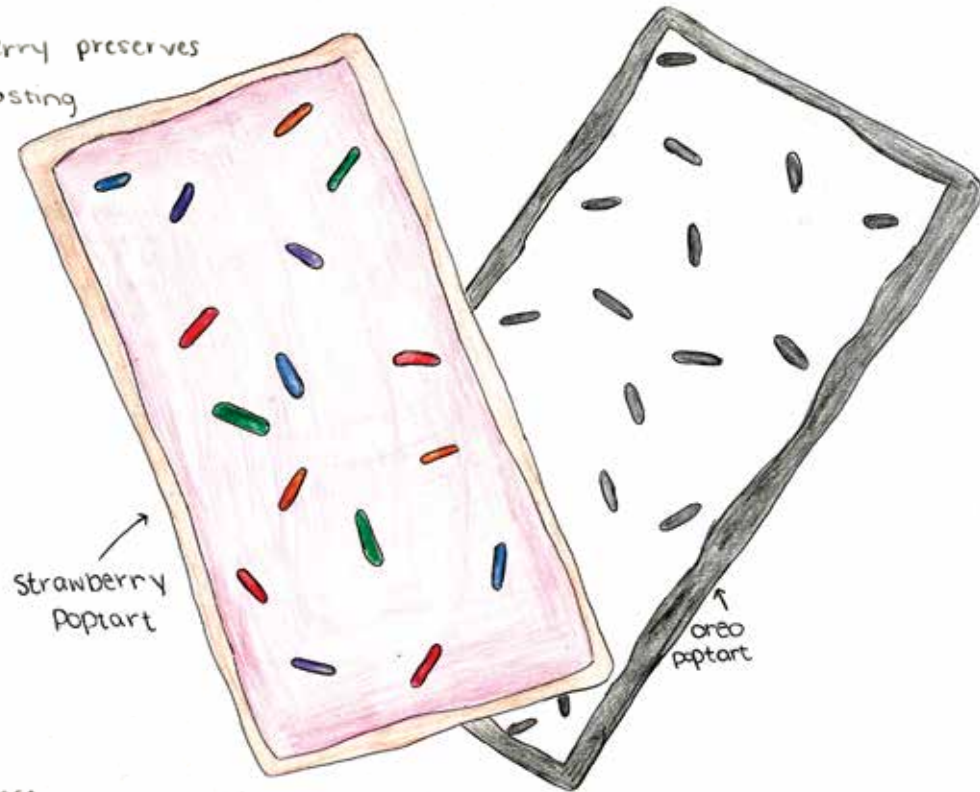


## Poptarts

I chose poptarts because they are really easy to make. They are also perfect on the go.

### Ingredients:

- 1 box of Pillsbury refrigerated pie crust (soften as directed on the box).
- 1 small jar of strawberry preserves
- 1 container of vanilla frosting
- Sprinkles



### Instructions:

- 1) Preheat the oven to 425°. Line a cookie sheet with parchment paper.
- 2) Unroll the pie crust and square the edges. Cut each crust into four or six rectangles.
- 3) Place 1 teaspoon of jam in the center of the rectangle and top with a second crust.
- 4) Crimp the edges to seal (I like to use a fork).
- 5) Bake the poptarts for about 20 minutes or until they are slightly brown.
- 6) After they have cooled, frost the top and add sprinkles.
- 7) Eat your poptart and enjoy!

## Recipe FOR BUNGEOPPANG (붕어빵)



- ① COMBINE FLOUR, SALT, BAKING SODA, AND SUGAR IN A BOWL. ADD WATER AND MIX WELL.

- ② SIEVE THE MIXTURE THROUGH STRAINER TO GET A SILKY BATTER WITHOUT ANY LUMPS

- ③ HEAT UP THE BUNGEOPPANG PAN AND TURN THE HEAT TO LOW.

- ④ OPEN THE PAN AND GREASE BOTH THE UPPER AND LOWER FISH MOLDS WITH A LIGHT COATING OF VEGETABLE OIL.

- ⑤ POUR BATTER INTO ONE SIDE OF MOLD UNTIL 1/3 FULL. ADD 1 TABLESPOON OF SWEET RED BEANS TO CENTER, AND GENTLY FILL UP THE REST OF THE FISH MOLD TO TOTALLY COVER THE RED BEANS.

- ⑥ CLOSE MOLD + COOK FOR ABOUT 3 MIN.

- ⑦ TURN PAN OVER AGAIN COOK ABOUT 3 MIN.

- ⑧ TAKE OUT + SERVE.

### INGREDIENTS!

#### FOR 6 BUNGEOPPANG

- 1 CUP ALL PURPOSE FLOUR
- 1/2 TEASPOON SALT
- 1/2 TEASPOON BAKING SODA
- 1 TABLESPOON BROWN OR WHITE SUGAR
- 1 CUP PLUS 2 TABLESPOONS WATER
- 1 TABLESPOONS VEGETABLE OIL
- SWEET RED BEANS





# RECIPE Marinated Curry Cauliflower

From the kitchen of The Carvito Family

X 4  
⌚ 30min-3hou  
🕒 30min.

## Ingredients

1 head cauliflower  
4 cloves garlic, minced  
1 TBSP fresh ginger, grated  
1 TBSP dried onion flakes  
1 TBSP curry powder  
1 tsp sea salt  
1/4 - 1/2 c. lemon juice  
1/2 cup extra virgin olive oil

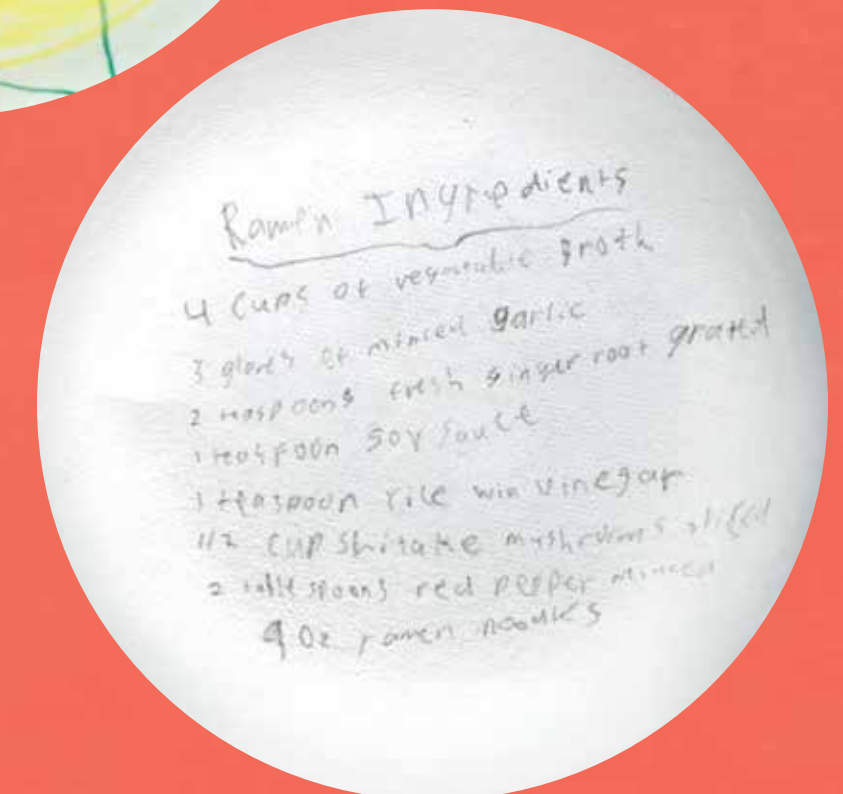
## Directions

‡ Preheat oven to 425°F

cut cauliflower into small florets. Toss into bowl.  
Add all other ingredients and stir to coat cauliflower.  
let sit for at least 30 min, but best if marinated  
2-3 hours. When ready, transfer to a roasting pan.  
Roast for 30 min, or until preferred doneness.

## Notes

Adjust garlic + lemon to taste. I think it's best  
with more!



Ramen Ingredients  
4 cups of vegetable broth  
3 cloves of minced garlic  
2 teaspoons fresh ginger root grated  
1 teaspoon soy sauce  
1 teaspoon rice wine vinegar  
1/2 cup shiitake mushrooms sliced  
2 tablespoons red pepper minced  
9 oz ramen noodles



# 5 Minute Peanutbutter

## Ingredients:

- 2 cups of dry roasted peanuts
- 1-2 teaspoons of honey or sugar
- Additional salt to taste

## Recipe:

Step 1: Place the peanuts in a food processor.

Step 2: Turn the food processor on for 4-5 min..

Step 3: Stir in the honey, sugar, or salt if you want.

Step 4: Store in the fridge.

Now you should have delicious peanut butter.



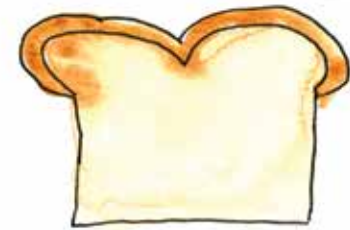
# PEANUT BUTTER!



# Peanut Butter & Jelly (supreme edition)

## Combine:

Bread →



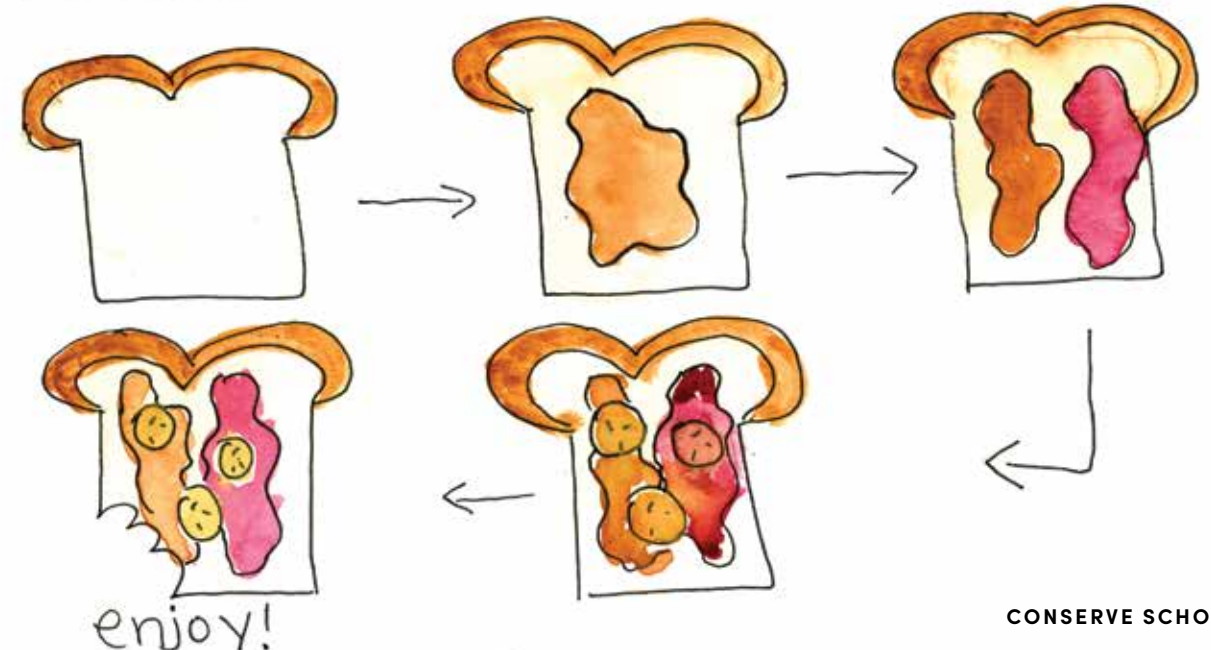
Peanut Butter →



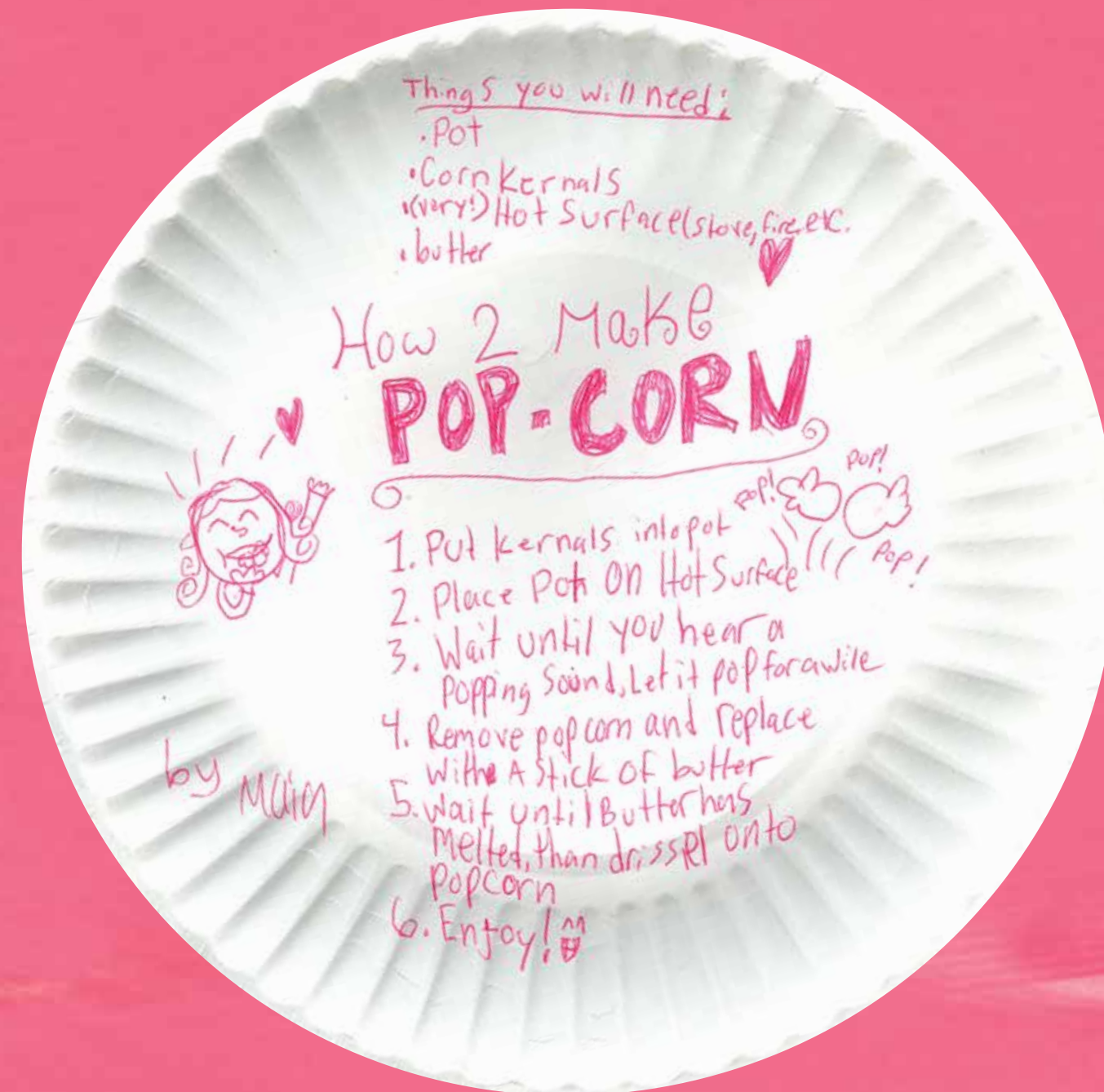
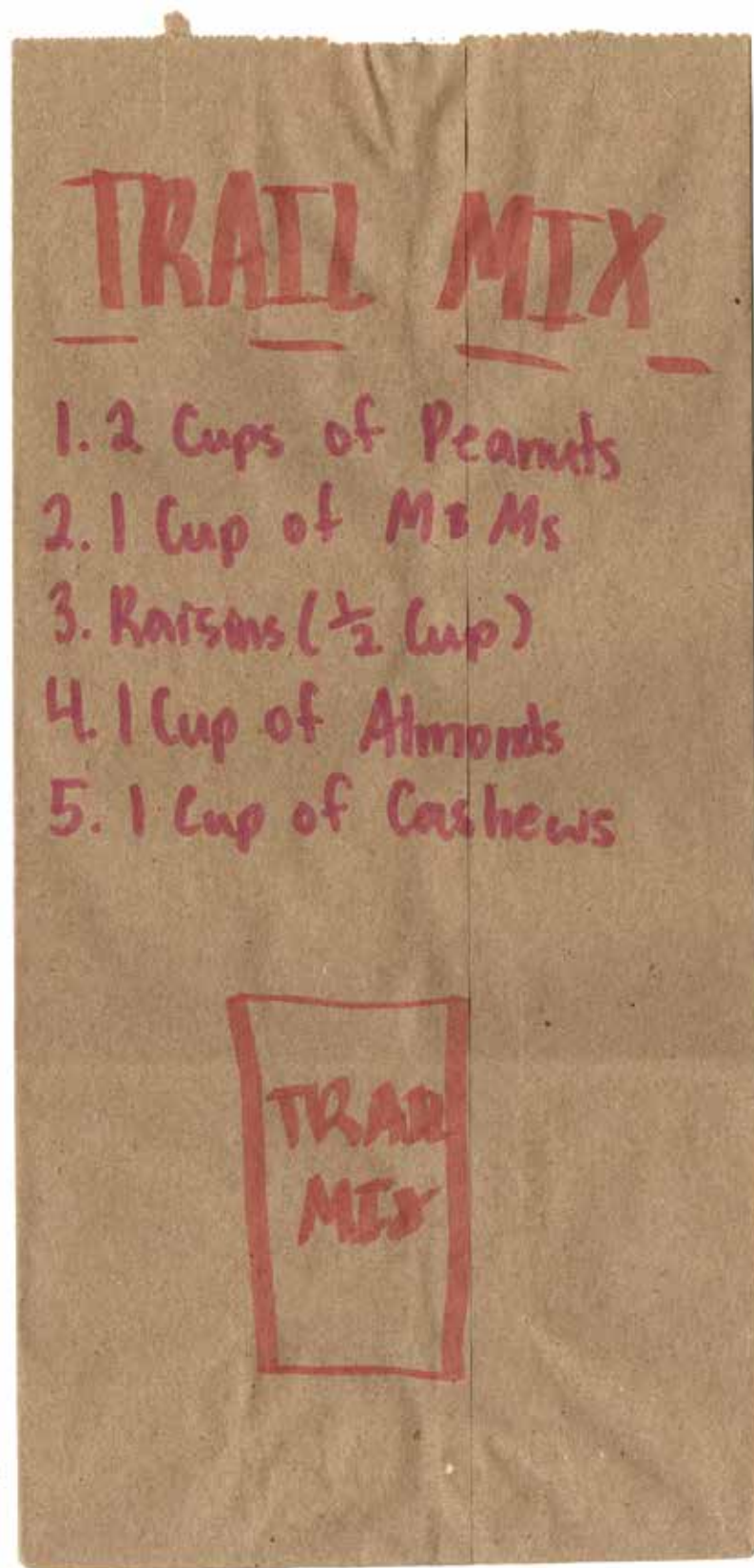
Jelly →



Bananas →



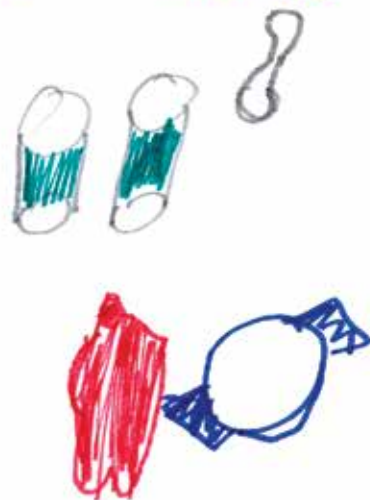






# Recipe: Green Bean Casserole

1. Pour  $\frac{3}{4}$  cup of milk into casserole dish.
2. Add  $\frac{1}{8}$  teaspoon of black pepper.
3. Add 1 can of cream mushroom soup.
4. Mix in 2 cans of (drained) green beans.
5. Microwave for 8 minutes.
6. Add 1 cup of French fried onions on top and microwave for 1 more minute.



# MINI PIZZAS

## INGREDIENTS:

- 12 4-inch flour tortillas
- mini pepperoni
- shredded mozzarella
- fresh basil

## INSTRUCTIONS:

- Preheat oven to 450°
- Place 4 tortillas on a rimmed baking sheet
- Place 2 tablespoons of pizza sauce in the center of each round
- Sprinkle cheese on top
- Top with mini pepperoni and optional fresh basil
- Bake 8-10 minutes, or until the cheese is melted and the edges of the crust are lightly browned









### Ingredients:

- 1/2 teaspoon of paprika
- 1/2 teaspoon of fresh rosemary
- 1/4 cup of lemon juice
- pita chips, to serve

## TIPS:



INSTRUCTIONS:

- #1.) combine chickpeas, pumpkin, olive oil, garlic, salt, paprika, rosemary, and lemon juice in a food processor.
- #2.) Blend until smooth and serve.





# PICKLE ROLLS

- 1.) take ham & cover it in cream cheese
- 2.) put a pickle on it
- 3.) roll it up
- "(4)" Optinal) cut it up

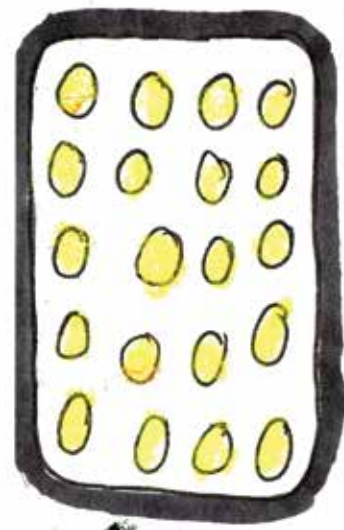




# Madelines Texas <sup>tee ha</sup> Cornbread

## Ingredients:

- 1: 1/2 cup of Butter
- 2: 1 cup of all purpose flour
- 3: 1/4 cup of white sugar
- 4: Two eggs
- 5: 1 cup of Buttermilk
- 6: 1/2 tsp of salt
- 7: 1 cup of cornmeal
- 8: 1/2 tsp of baking soda



## STEPS



- 1: Preheat oven to 375 degrees F.
- 2: Grease a mini muffin tin
- 3: Melt butter in a large Skillet or 3 quart, sause pan.
- 4: Remove from heat and Stir in the Sugar
- 5: Quickly add eggs and beat until well blended
- 6: Combine buttermilk with baking soda and stir into the pan.
- 7: Stir in cornmeal flour, and salt until well blended and few lumps remain
- 8: Fill the muffin tin 2/3 full
- 9: Bake 10-15 minuetes until a toothpick inserted comes out clean.

# PEPPERONI CHEESE CRACKERS



1. Get tiny Pepperoni's
2. Get tiny pieces of Cheese
3. Get Ritz Crackers
4. Put cracker's Cheese and pepperoni together
5. ENJOY







## How to make an egg roll

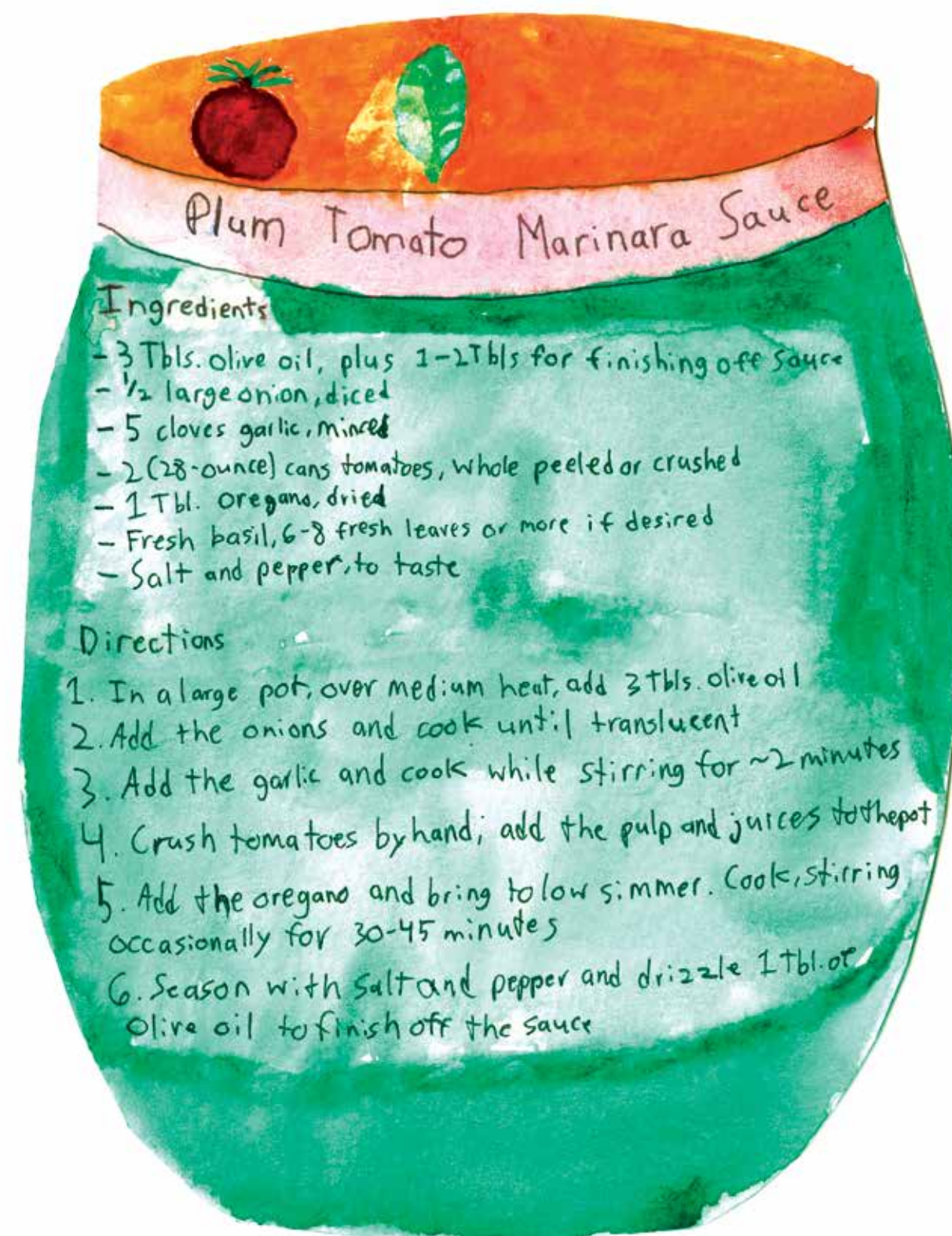
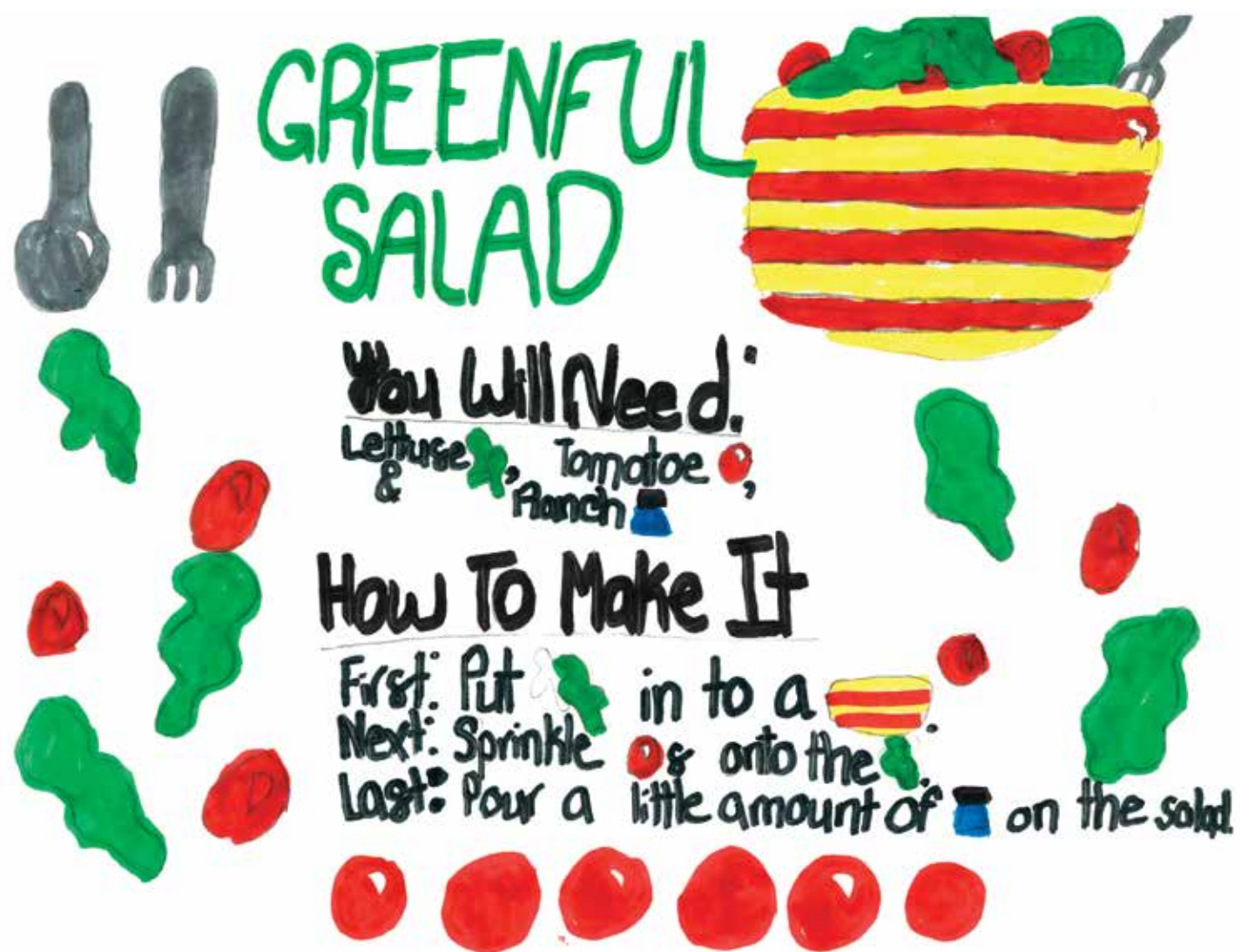
What you need:

Eggs  
any source of fire/stove  
a spatula  
a pan  
a plate  
veggies

1st! Grab an egg 2nd! Crack an egg 3rd! Put in pan  
4th!  Put in veggies 5th!  Flip! 6th! Plate and eat!

Enjoy! 







# Recipe for

## Bread



### Ingredients :

- 1 packet of yeast
- 1 tbsp sugar
- 2 1/2 cups of flour
- 1 tbsp oil
- 1 cup of raisins
- 3 cups of love

#



- Meals -



RECIPE FOR

# Buuz



WIND #3



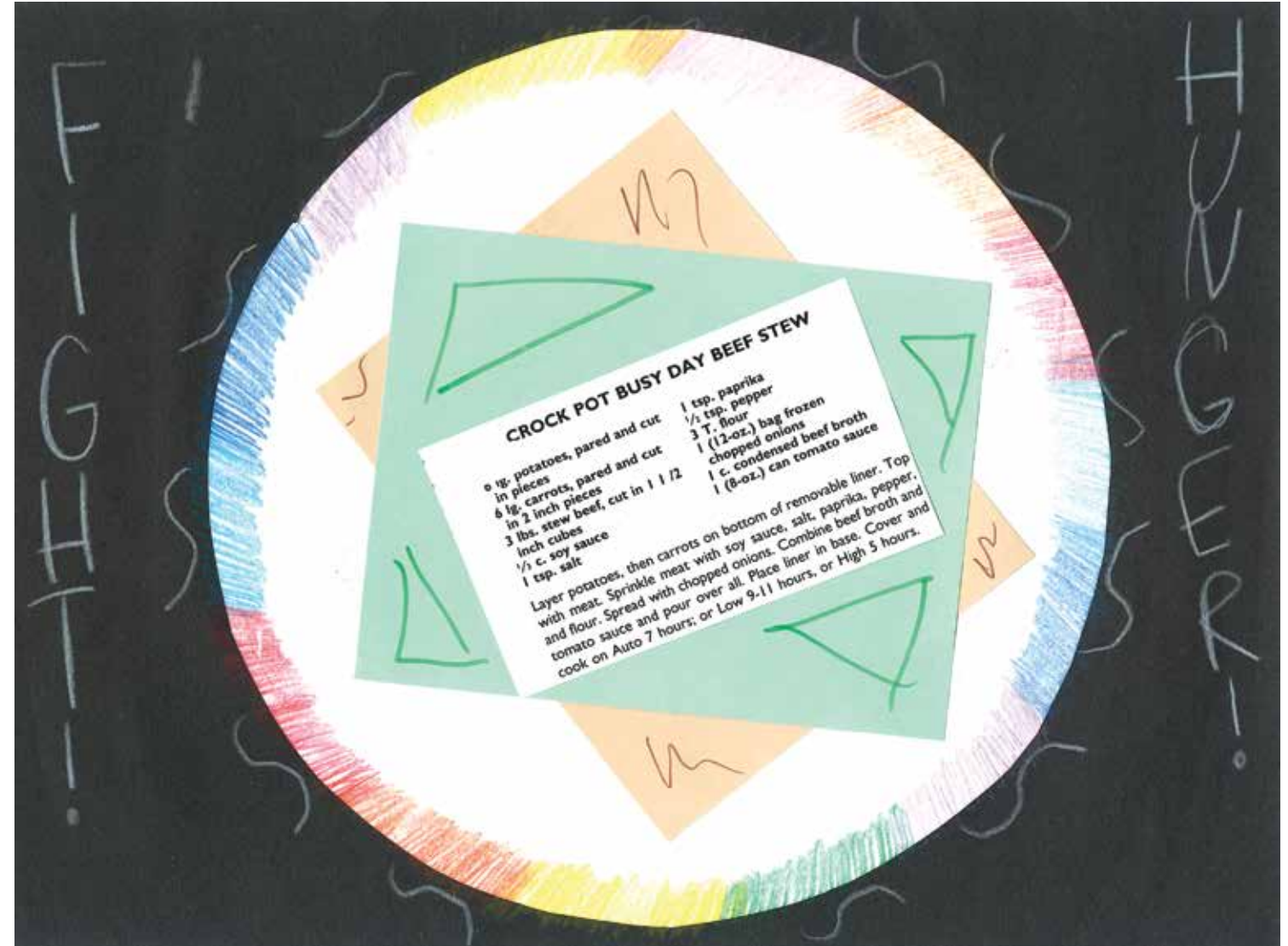
## MATERIAL

- FLOUR
- BEEF
- Onion
- Cutting board
- Water
- Bowl
- Steamer
- Spoon
- Knife
- Rolling pin

## STEPS -

1. MIX FLOUR & WATER
2. NEED IT
3. REST THE DOUGH
4. CUT THE MEAT INTO SMALLER PIECES
5. MIX MEAT & ONION
6. GET A PIECE OF DOUGH FLATEN IT, ADD MEAT IN THE MIDDLE.
7. REPEAT TILL FINISHED
8. STEAM THE BUUZ
9. FINISHED

## HELP THE COMMUNITY





# Recipe for Lasagna

- ① 1 pound beef
- ② 1 (32 ounces) jar spaghetti sauce
- ③ 32 ounces cottage cheese
- ④ 3 cups shredded mozzarella cheese
- ⑤ 2 eggs
- ⑥ 1/2 cup grated Parmesan cheese
- ⑦ 2 teaspoons dried parsley
- ⑧ 1 teaspoon of salt
- ⑨ 1 teaspoon of pepper
- ⑩ 1 lasagna noodles
- ⑪ 1/2 cup water
- ⑫ add them all together
- ⑬ cook
- ⑭ Eat and enjoy.

Taylor

# SUSHI RECIPE

Step 1: Prep the Rice & Nori. Lay out the Nori on the bamboo mat or whatever you are using.

Step 2: Spread the rice on the Nori.

Step 3: Add fillings to the bottom quarter of the Nori.

Step 4: Roll the Shushi Part way.

Step 5: Roll the Shushi the rest of the way.

Step 7: Cut the Shushi.

Step 6: Move to cutting Board.

- Ingredients:
- nori
  - Shashimi (salmon or tuna but others can be used as well)
  - tamago (Japanese cooked egg)
  - shrimp
  - crab (imitation crab)
  - fish roe
  - cucumber (thinly sliced into sticks)
  - wasabi to give it a little kick





**YUM!**

# Delicious Cochinita Pibil!!

## ① Roast Banana Leaves.



④ Place pork meat on leaves & pour mixture over. Add oil for flavor.



Remove roasting pot from oven & uncover meat. Meat should be tender. To serve, grab meat & cover with warm tortillas & habanero sauce.



② Place aluminum foil banana leaves on entire pot.



Cover with sliced onion & herbs.

③ Blend achiote seasoning with pepper & bitter orange juice. Add salt.



⑤ FOLD BANANA LEAVES & WRAP ALUMINUM FOIL TIGHTLY. ADD 1 1/2 QUARTER OF WATER IN POT. BAKE 2 1/2 HOURS, PREHEAT OVEN TO 350 DEGREES.



## RECIPE

- 1 kilo de carne de puerco
- 3 bars de pasta de adobo de ACHIOTE
- 1 taza de jugo de naranja agria
- 1/2 taza de jugo de limón
- 9 dientes de ajo y 5 dientes de ajo aparte
- 2 cebollas (moradas o blancas)
- 125 gramos (medio cuarto de kilo) de chile habanero
- Sal y pimienta al gusto

## Ingredients Jadyn

1. 1 pound of ground chicken
2. 2/3 cup of water
3. seasoning mix
4. one cup of shredded cheese
5. 1/2 head of shredded lettuce
6. mild sauce
7. six soft tortillas
8. six hard shells



I chose this recipe because everyone in my family loves tacos. Even me!

## Instructions

1. First, cook beef in 10-inch skillet over medium high heat 6 to 7 minutes, breaking up and stirring; drain. Stir in water and seasoning mix; heat to boiling. Then, simmer.
2. Bake shells at 325° for 6 minutes. Warm tortillas for 30 seconds in the microwave.
3. Spoon chicken filling into shells and onto tortillas. Top with desired toppings.



List for Tom Yam

I like most Soup is call  
Tom yam because is  
sour and Taste really  
good I like to Tell that  
how do you make the  
sour, what do we use  
for Soup.



- Tomato
- Ginger
- Garlic
- Onion
- Lemon grass
- Tom Yam Paste
- Shrimp
- Coriander
- Green Paper

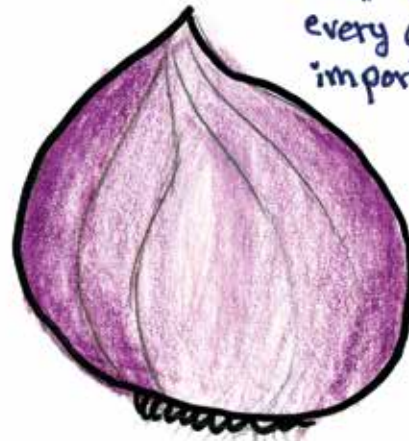
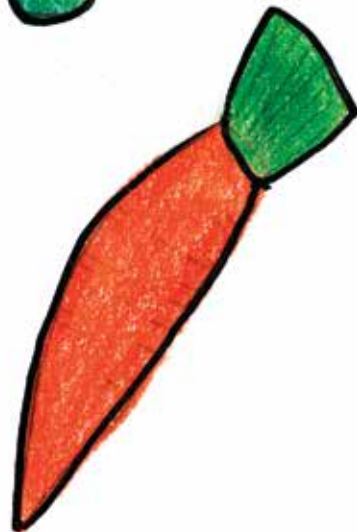
so I will Tell You how to  
cook Now. First we need hot water  
add some Garlic-Ginger and Lemon  
grass-onion Tomato, Shrimp, add all that  
and put some Tom Yam paste when  
we done cook add-coriander.

we done cook add coriander.

# Soup

Tom Yam. Sour

this all thing the  
I draw it all we  
need for soup. first  
is list is import for soup  
if you forget it is hard to  
cook the soup not only soup  
every others thing list is  
important.



### Steamed shrimp

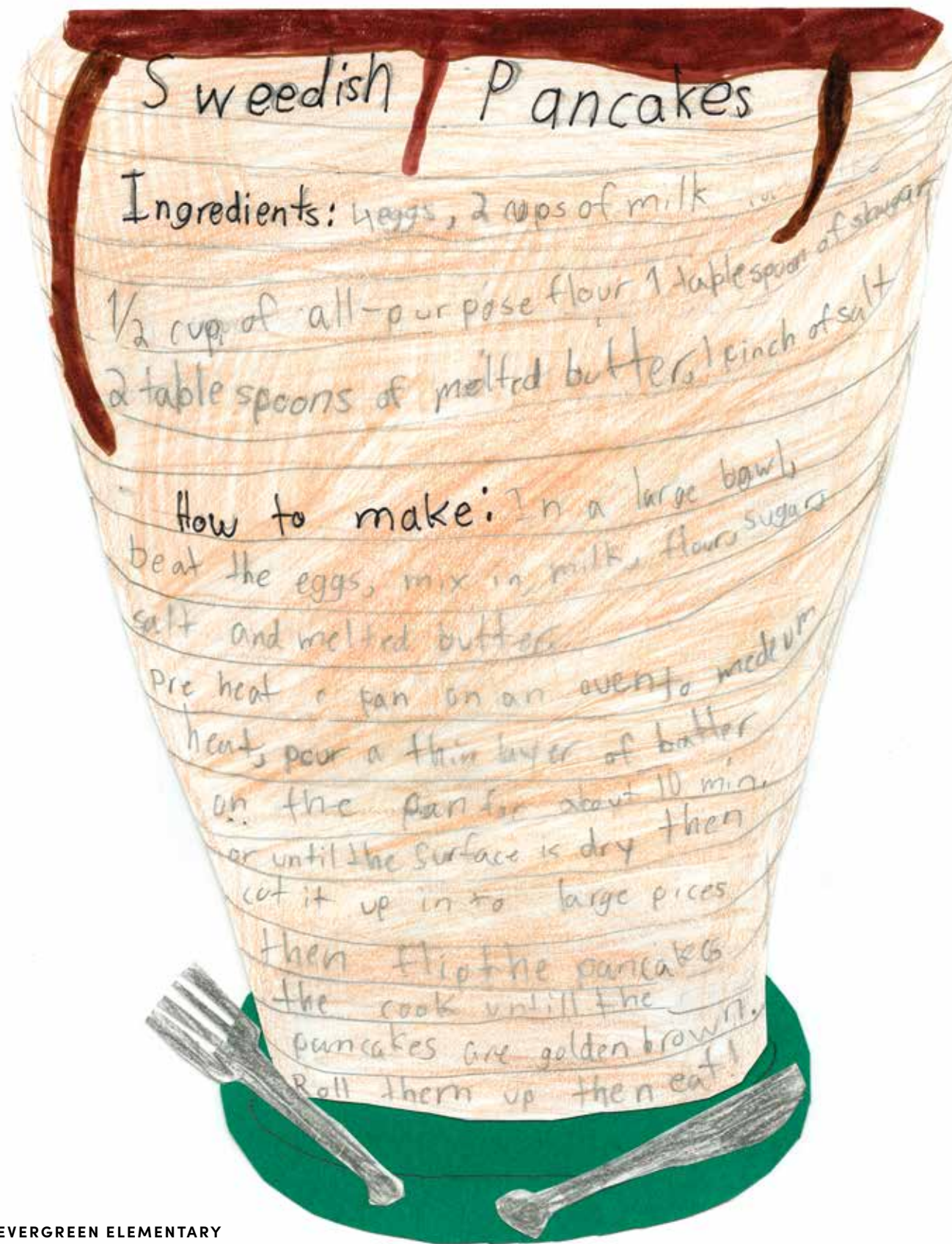
## Ingredients

- Shrimp
- Celantron
- Water
- Salt
- Pepper

### Recipe

- [illegible]







# Malawah (Somali sweet pancake)

- \* 2 cups flour
- \* 2 ½ cups milk
- \* 2 large eggs
- \* 1 tablespoon sugar
- \* ½ teaspoon cardamom
- \* ½ teaspoon ginger
- \* 1 Pinch salt
- \* 2 tablespoons canola oil (butter)
- \* Garnish: set aside some honey, butter, and sugar to serve



## A Recipe For Fried Fish

### Ingredients

- fish
- lemon
- a sauce (of your choice)
- a pan
- a heat source
- flour

### Directions

Put fish in the  
flour. Then in the  
sauce. Then put in  
heated pan with lemon.  
Take off when browned.



## What you will need

# Dad's Brisket

Electric roaster  
1-12# brisket  
4 tsp meat tenderizer  
2 bottles liquid smoke  
1 tsp nutmeg  
1 tsp garlic powder  
4 tsp onion powder  
4 tsp paprika  
4 tsp chili powder  
4 tsp cumin  
1/4 c brown sugar  
2-4c beef broth



First trim and score fat on brisket, sprinkle meat tenderizer and place in a glass baking dish, then pour liquid smoke over and cover all surfaces. Refrigerate overnight, Pour broth in the bottom of electric roaster and preheat to 250, rub brisket w/remaining ingredients. (There maybe some leftover for next time). Place Brisket on the rack inside the roaster making sure the fat side is up. Roast at 250 for 12 hours. Remove from roaster and place on cutting board (may be messy, beprepared to sop up juice). Cool for 30 min, slice and serve. Save leftovers in juice and warm up as desired.

This is my favorite recipe from my dad because on christmas he had made it and every day after the a always said to him can I have your brisket recipe.

## recipe

title: Hong - fongs

servings: idk from the kitchen of: my mama

ingredients:  
thin dough  
cut up chicken  
cut up carrots  
cabbage  
cream cheese  
teriyaki sauce

directions:  
take the thin dough and  
and flatten it smooth.  
but cooked ingredients  
in the middle.  
Take the edge of all  
sides and pinch  
into the center  
and fry for 1 to 2  
minutes and done.

## Pupu Galoa (Doll with an egg)

### Cookie:

5 cups of flour  
1 cup of sugar  
4 large eggs  
1 cup of butter  
2 Tbsp. baking powder  
1 tsp. vanilla  
A little less than 1/2 tsp. Almond extract  
1/4 tsp. Anise  
1/4 tsp. Cinnamon stick  
1 tsp. Grated orange peel  
8-9 colored hard boiled eggs

Makes 8-9 cookies

Cream butter. Add sugar gradually as it creams. Add 1 egg at a time and mix. Add vanilla, a little less than 1/2 tsp almond extract and anise. Add orange peel and less than 1/2 tsp cinnamon. Add baking powder to flour. Add flour gradually to the butter mix. Roll 1/4 dough on cutting board with a little flour. Cut out shape of basket, heart or bunny for the cookie shape (a piece of cardboard or cardstock paper). Encase hard boiled egg in the center of the shape using two strips of dough to hold it in place. Bake at 350 degrees for 15-17 minutes. Let cool before frosting.

### Frosting:

Mix together:  
1 cup of powdered sugar  
1 Tbsp. soft butter  
1 tsp. Vanilla and or almond flavoring  
Enough hot water to get the consistency you want

After frosting the cookie once it has cooled, decorate with rainbow sprinkles (ball shape instead of longer thin shape).



## Ingredients for Jollof

1. Garlic \



2. Meat



3. Red Bell peppers



4. Carrots



5. Tomato



paste

6. Onions



7. spices(shrimp powder,adobo,black pepper,white



pepper,natural seasoning-)

8. Vegetable oil



Step1:wash meat and

add blended  
onions,garlic,ginger,celery,

seasoning with salt and pepper(black and white)adobo .

Cook meat until soft and tender.

step 2: add chopped onions and garlic in a nonstick pot of heated vegetable oil, cook for about 3minutes. Add blended red bell peppers and tomato paste to the cooked onions. Let it simmer for about 10minutes. Add shrimp powder and the natural seasoning, salt to taste.

Step3: add cooked meat and the broth to the stew. Cook for another 5-10minutes, then add rice of choice. Cover and cook stirring it at 5-10 minutes intervals until half way done then add chopped carrots. Let it stay on medium to low heat for 10minutes and it's ready to serve delicious.



## Rwandan recipes

### Ingredients

3 cups chicken or beef broth.

1 pound cassava leaves, washed and chopped

1 pound spinach, washed and chopped

6 green onions, chopped

2 eggplant, cubed

3 bell peppers, sliced into strips

3 tablespoons oil

3 tablespoons peanut butter



1. Bring chicken or beef broth to a boil in a large pot.
2. Add the cassava leaf the cover and leave to boil until it is tender.
3. Add the spinach, green onions, cubed eggplant and bell peppers
4. Cover again and leave on medium heat for 10 minutes.
5. Add the oil and peanut butter, stir until it is a smooth paste.
6. Let it thicken then drain any excess liquid.

Optional- you can serve with rice and bread.



Couscous De Timbuktu

ingredients:

- 3 chicken breasts
- 1 tsp. fennel seeds
- 1/2 tsp. black pepper
- 1 can tomatoes
- 1 tsp. ground cinnamon
- 1/2 tsp. salt
- 4 cloves garlic
- 1/3 Tbsp. ground cinnamon
- 2 tsp. cayenne
- 2 cups water
- 2 cups dates
- 1 Tbsp. ground cumin
- 2 Tbsp. ground ginger
- 2 onions
- 2 Tbsp. chopped fresh parsley
- couscous

instructions:

chop up the onion and saute it in some oil for a few minutes. cut up the chicken and garlic. Add to the onions and saute until the chicken is cooked. Crush up the fennel seeds cardamom pod seeds. Measure out all the spices ready to add to the pan. add the spices and stir well to cover the chicken. Add the tomatoes and water. Simmer for an hour. Add boiling water to the couscous and cover with a cloth. Put the dates in the food processor and blend until pureed. The dates must have been too dry because they wouldn't puree at all. chop up the parsley ready to garnish later. Stir in the date puree and cook for a further 10 minutes.





## Risotto

### INGREDIENTS

- 3 cucharadas de mantequilla sin sal
- 1 taza de cebolla finamente picada
- 2 dientes de ajo picados
- 1 taza de arroz arborio o arroz blanco de grano medio
- 1/2 taza de vino tinto seco
- 1/3 taza de guisantes congelados, descongelados, opcionales
- 1/4 taza de hojas de perejil italiano fresco picadas
- 1/2 taza de parmesano rallado, además de adicional para decorar
- Sal y pimienta negra recién molida
- 1/2 taza de caldo de pollo enlatado con bajo contenido de sal de caldo caliente;



### Direcciones

1. Lleve el caldo a fuego medio-alto a fuego medio-alto. Cubra el caldo y manténgalo caliente a fuego muy bajo.
2. Derretir la mantequilla en una cacerola grande y pesada a fuego medio. Agregue la cebolla y sofríe hasta que esté translúcida, por unos 8 minutos. Agregue el ajo y sofríe durante 30 segundos. Agregue el arroz y cocine durante unos 2 minutos hasta que el arroz esté tostado. Agregue el vino y revuelva hasta que se absorba, aproximadamente 1 minuto. Añadir  $\frac{3}{4}$  cocine a fuego medio-bajo hasta que el líquido se absorba, revolviendo a menudo, unos 6 minutos. Repetir, añadiendo  $\frac{3}{4}$  de taza de caldo caliente 2 veces más, revolviendo a menudo, unos 12 minutos más. En este punto, el risotto se puede hacer 4 horas por delante. Refrigerar el risotto (el arroz seguirá siendo firme) y el caldo restante, sin tapar, hasta que esté fresco, luego cúbralos y guárdelos refrigerados hasta que estén listos para continuar.
3. Lleve el caldo restante a fuego lento, luego cúbralo y manténgalo caliente a fuego muy bajo. Revuelva  $\frac{3}{4}$  tazas de caldo caliente en el risotto parcialmente cocido a fuego medio hasta que el caldo se absorba y el risotto esté caliente, aproximadamente 3 minutos. Agregue el caldo restante y cocine a fuego lento hasta que el arroz esté tierno y la mezcla esté cremosa, unos 5 minutos más. Agregue los guisantes y el perejil. Añadir la taza y media de parmesano. Sazonar, al gusto, con sal y pimienta. Cuchara el risotto en cuencos. Espolvorea queso adicional y sirve.



## Broccoli



1. Buy Broccoli seeds

2. Plant them

3. Water them

4. Wait for them to grow

5. Eat them or Put them in Crêpes

### Ingredients:

- 2 tableSpoonS of Sugar
- 1/2 teaspoon of salt
- 4 lightly beaten eggs
- 11/3 of Milk
- 1 Cup of Flour
- 2 tableSpoonS Melted butter

### Fun Fact:

Crêpes are very popular in Paris France. In fact people in France would make the batter the night before then would do the rest.

## Broccoli Ham and cheese Buffet Crêpes

### Directions

1. Whisk eggs, flour, salt and milk until smooth.
2. Heat a medium sized skillet to a medium heat. Spread melted butter on the pan using a oil brush or a paper towel. Put a spoonful of the batter on the pan. After about 1 min. wait for about 2 min then flip the batter (crêpe) or flip it with a spoon to flip it. Add Broccoli, Ham and cheese. eat. serve immediately. Fold the crêpe...
4. And Enjoy!!





# Steak

Ingredients

STEAK  
Cook STEAK  
Seasoning  
Salt  
Pepper



GOOD FOOD





# Bella's Kitchen

## French Creamy Chicken Stew

Yum~

Let's Start cooking!

1. Fry chicken legs in a pan first, fry it until golden brown, slightly crispy.
2. Stir-fried potatoes, carrots, onions, mushrooms. After frying, add garlic stir-fry for 2-3 mins.
3. Cook chicken thighs with potatoes, carrot onions and mushrooms. Add a little water, and add two pieces of cream, rosemary, and fragrant leaves.
4. Cover with flour and simmer for 15 mins, add whipped cream and simmer on low heat to collect the juice.
5. Add salt and black pepper when ready to cook.
6. Boil and finish.

You can also add your favorite dishes according to your personal preferences.

### Materials:

- Chicken leg
- Potato
- Carrot
- Onion
- Garlic
- Bay leaf
- Rosemary
- Whipped cream
- Butter cubes
- French white wine
- Black pepper
- Salt

### Preparations:

1. Cut off chicken legs first, salt it.
2. Wash the potatoes, onions and carrots, cut them into pieces.

# CRUNCHWRAP

### INGREDIENTS:

1 lb ground beef	Kosher salt	4 tostada shells	1 tbsp. vegetable oil
1 tsp. chili powder	ground pepper	2 cups shredded lettuce	
1/2 tsp. ground paprika	8 large flour tortillas	1 cup chopped tomatoes	
1/2 tsp. ground cumin	1 cup sour cream	1 cup shredded cheddar	



# Our Partners!



**CREOLE, Inc.** is focused on people and job creation through agriculture in northern Haiti. Their goal is to see people flourish as jobs are created, food is grown, and land is restored. CREOLE, Inc. is animated by the belief that if anyone can feed Haiti, Haiti can.

**STUDENTS REBUILD PROJECT:** Expand work to take on malnutrition and hunger in northern Haiti. Students ages 12-17 will help build infrastructure transplant fruit trees on the terraced mountainside for their community.

**Grow Dat Youth Farm's** mission is to nurture a diverse group of young leaders through the meaningful work of growing food. On their farm, people work collaboratively to grow food, educate and inspire youth and adults, and build power to create personal, social, and environmental change.



**STUDENTS REBUILD PROJECT:** Support local youth to receive training through a farm-based leadership program in New Orleans.



**HAPPY** is a youth-founded and led organization that promotes youth empowerment through holistic education. Happy initiatives currently include plant-based nutrition, culinary summer camps, and school visits and tours.

**STUDENTS REBUILD PROJECT:** Support development of a virtual academy to grow reach of their nutrition lessons and recipes for students nationally.



**Harlem Grown** inspires youth to lead healthy and ambitious lives through mentorship and hands-on education in urban farming, sustainability, and nutrition. Founded in 2011, Harlem Grown operates local urban farms, increases access to and knowledge of healthy food for Harlem residents, and provides garden-based development programs to Harlem youth.

**STUDENTS REBUILD PROJECT:** Support growth of a new two story, vertical hydroponic greenhouse serving low-income youth and families in Harlem, NY.

**La Semilla Food Center's** mission is to foster a healthy, self-reliant, sustainable, localized food system in the Paso del Norte region of southern New Mexico and El Paso, Texas.

**STUDENTS REBUILD PROJECT:** Support youth program to learn about traditional and desert foods in Colonia communities in the region in New Mexico and Texas.



**Living Classrooms Foundation** strengthens communities and inspires people to achieve their potential through hands-on education and job training, using urban, natural, and maritime resources as "living classrooms" in the Baltimore and Washington, DC area.

**STUDENTS REBUILD PROJECT:** Expand breakfast feeding program serving children in a Baltimore housing development.

**Mary's Meals** is a global movement that sets up school feeding projects in some of the world's poorest communities, where poverty and hunger prevent children from gaining an education. Mary's Meals provides one daily meal in a place of learning and is currently feeding 1,425,013 hungry children every school day across five continents.

**STUDENTS REBUILD PROJECT:** Provide children a meal every school day for a year in their place of education in Haiti and India.







**No Kid Hungry** is a national campaign run by Share Our Strength, a nonprofit working to solve problems of hunger and poverty in the United States and around the world. Working with local partners across the country, No Kid Hungry is ending childhood hunger by ensuring that kids get the food they need.

**STUDENTS REBUILD PROJECT:** Support No Kid Hungry's work to help schools and community groups across the U.S. find new ways to feed these kids during COVID-19 school closures.

**Save the Children** believes every child deserves a future. Founded over 100 years ago, they've changed the lives of over 1 billion children. In the United States and around the world, they give children a healthy start in life, the opportunity to learn and protection from harm.

**STUDENTS REBUILD PROJECT:** Work to ensure children in some of the poorest communities across rural America continue to learn, receive the nutrition they need, and have the emotional support that's so important during the COVID-19 outbreak.



**The Kohala Center** is an independent, community-based center for research, conservation, and education programming. Their main areas of focus are food, water, place, and people.



**STUDENTS REBUILD PROJECT:** Provide training for primarily Native Hawaiian youth in traditional agricultural practice and related career pathways.



**The United Nations Children's Fund (UNICEF)** works in more than 190 countries and territories to put children first. UNICEF has helped save more children's lives than any other humanitarian organization by providing health care and immunizations, safe water and sanitation, nutrition, education, emergency relief, and more.

**STUDENTS REBUILD PROJECT:** Provide therapeutic food intervention for children suffering from severe acute malnutrition in Yemen and Ethiopia.



**Soul Fire Farm** is a BIPOC-centered community farm committed to ending racism and injustice in the food system. They are training the next generation of activist-farmers and strengthening the movements for food sovereignty and community self-determination.

**STUDENTS REBUILD PROJECT:** Train young farmers and deliver naturally grown food each week to communities in need in Greater NY.

Founded in 1998, **Global Nomads Group (GNG)** is an international NGO whose mission is to foster intercultural dialogue and understanding among the world's youth. As our long-term partner, GNG helps enrich learning by connecting students throughout the Challenge using technology and storytelling to create videos, lesson plans, and webcasts during the school year.



**The Intertribal Agriculture Council** was founded in 1987 to pursue and promote the conservation, development, and use of our agricultural resources for the betterment of Native American people nationwide.

**STUDENTS REBUILD PROJECT:** Support Native American youth-led agricultural projects in several communities.



**PBLWorks** is a non-profit dedicated to helping teachers prepare students for successful lives by helping teachers, schools, and districts to adopt Project Based Learning (PBL). In an effort to promote and support the use of high quality PBL, PBLWorks focuses efforts on building the capacity of teachers and school leaders.



# Hunger Challenge Map

♥ THE INTERTRIBAL AGRICULTURE COUNCIL

NO KID HUNGRY ♥  
SAVE THE CHILDREN ♥

LA SEMILLA FOOD CENTER ♥

♥ GROW DAT

♥ THE KOHALA CENTER

♥ MARY'S MEALS & CREOLE INC.

SOUL FIRE FARM  
THE HAPPY ORG  
HARLEM GROWN  
LIVING CLASSROOMS FOUNDATION

**LEGEND:** ♥ Hunger Challenge projects  
● Participating countries



# Want to add your **own** recipe to this magazine?

What is your recipe for? Is it your favorite snack? Is it a recipe that's a part of your culture or family traditions? Or is it a creative recipe for solving a community problem, doing something fun, or adding good to the world?

1. Use the space below to draw a picture of your recipe
2. List the ingredients your recipe needs (including measurements!)
3. Write out the instructions for making or creating your recipe

## Ingredients

1.	_____	4.	_____
2.	_____	5.	_____
3.	_____	6.	_____

## Instructions

_____
_____
_____
_____

# Have fun and color!





# Meet the Students Rebuild Team!

More recipe creativity!



**Leonetta Elaiho**  
Senior Program Manager

**FAVORITE CHILDHOOD FOOD:**  
Toast with cinnamon and sugar



**Kasey Weiss**  
Team Coordinator and Tech Sleuth

**FAVORITE CHILDHOOD FOOD:**  
Boxed mac and cheese



**Melissa Galbraith**  
Social Media Coordinator

**FAVORITE CHILDHOOD FOOD:**  
Homemade macaroni and cheese



**Valerie Sloane**  
Art Director

**FAVORITE CHILDHOOD FOOD:**  
Grilled cheese sandwiches!



**Chris Plutte**  
Managing Director

**FAVORITE CHILDHOOD FOOD:**  
Mustard and mayonnaise sandwiches – yep, just condiments!!!!



**Sara Billups**  
Communications Manager

**FAVORITE CHILDHOOD FOOD:**  
Spaghetti














And even more!



# Desserts



# Pizzelle Recipe

1. Preheat pizzelle iron + lightly coat with oil. 
2. In a large bowl combine flour, sugar, and baking soda.    
3. Then mix in butter, eggs, and vanilla extract.   
4. Drop rounded tablespoons of batter onto the pizzelle iron and close.
5. Cook for 30-60 seconds.
6. Remove and repeat 

## Ingredients:

- 2 cups all-purpose flour
- 1 cup sugar
- 3/4 cup butter melted + cool
- 1 tablespoon vanilla extract
- 2 teaspoons baking powder
- 4 eggs

7. Dust with powdered sugar and

Enjoy!

(preferably with a good friend and a glass of milk :))

# Elderberry Syrup

To make your immune system stronger

Prep: 5 minutes

Cook: 1 hour

Makes: 1 quart

## Ingredients:

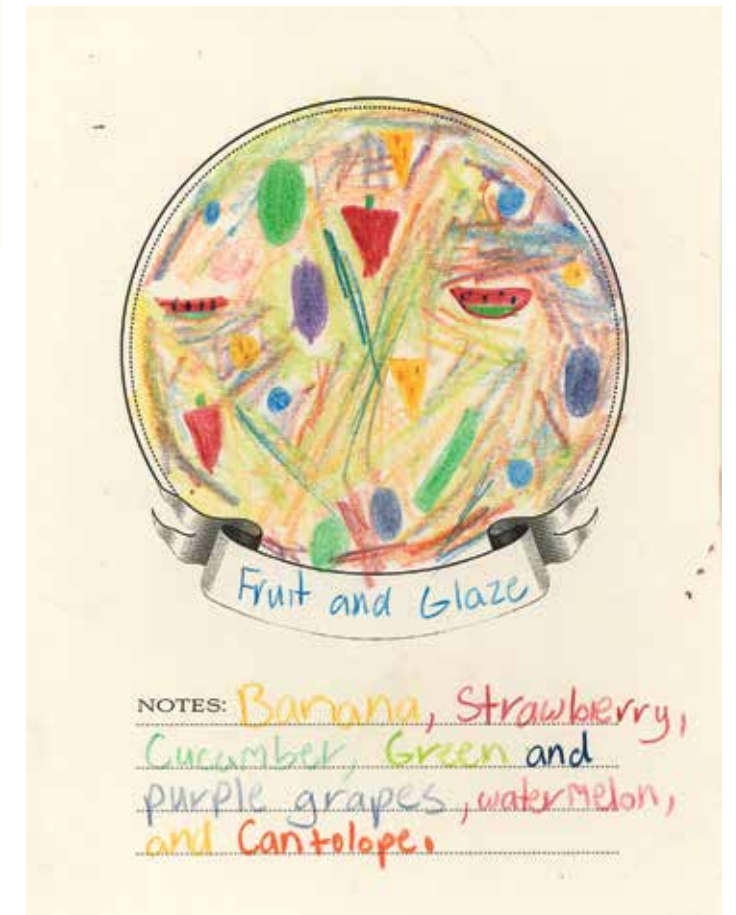
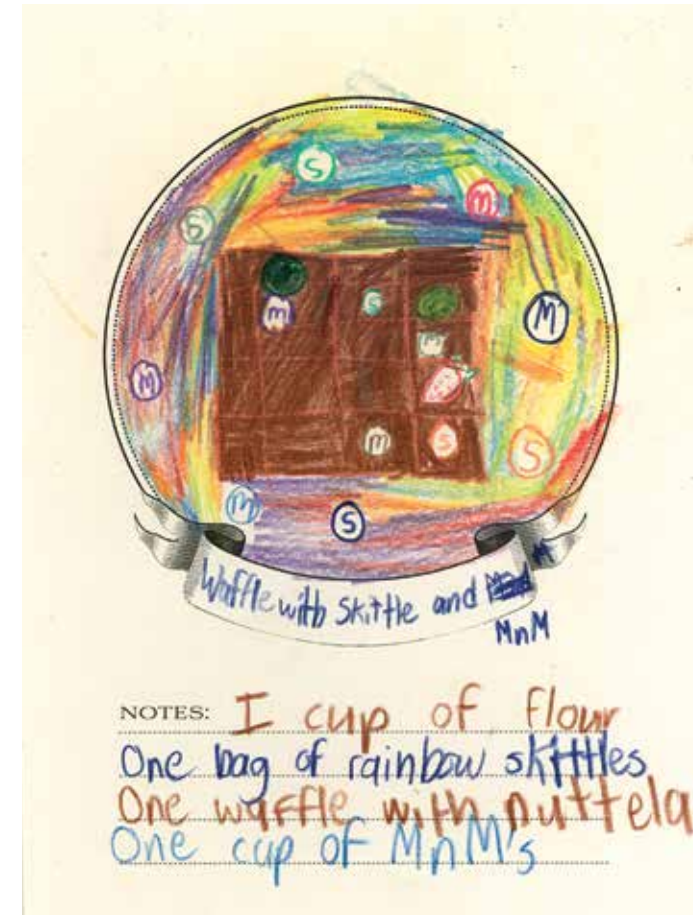
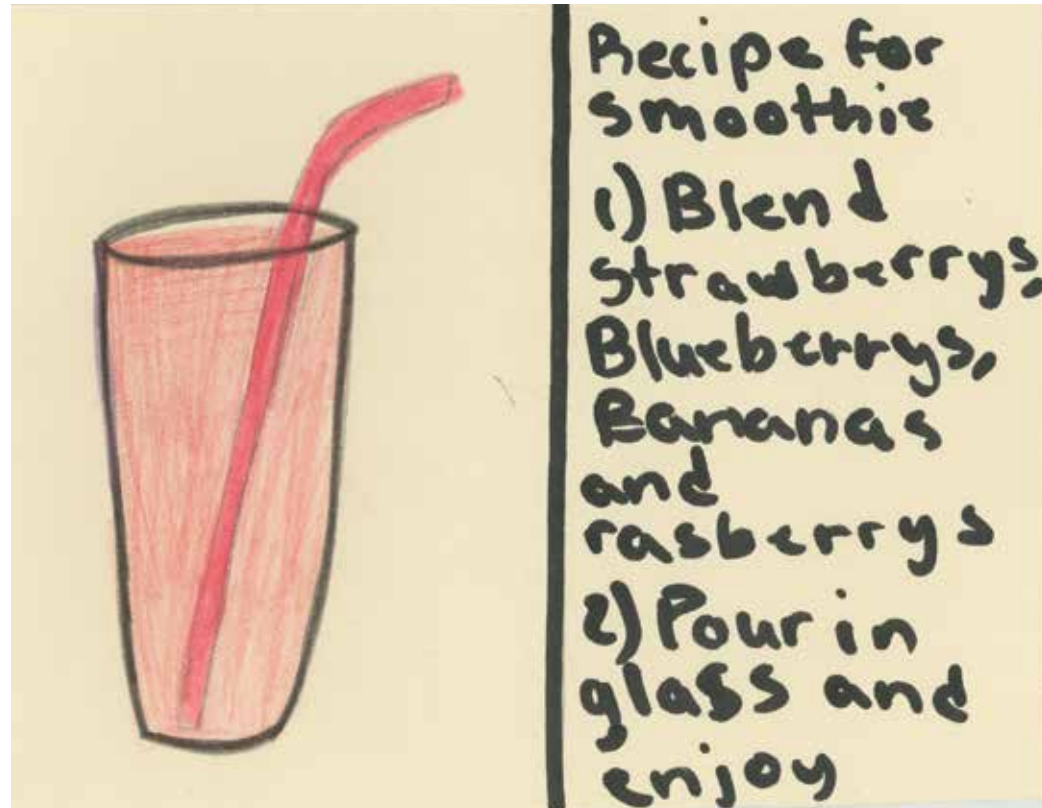
- 2/3 cup dried black elderberries (3 ounces)
- 3 1/2 cups water
- 2 Tablespoons fresh or dried ginger root
- 1 teaspoon cinnamon powder
- 1/2 teaspoon cloves or clove powder
- 1 cup raw honey

## Instructions:

1. pour water in to medium saucepan and add elderberries, ginger, cinnamon and cloves (do not add the honey!)
2. Boil and then cover and reduce to simmer for about 45 mins to an hour until the liquid has reduced by almost half. Then remove from heat and let cool enough to be handled.
3. Mash the berries carefully with a spoon.
4. Pour through a strainer into a jar or bowl. Let the liquid cool to lukewarm.
5. Discard the elderberries, add honey and stir.
6. when honey is well mixed? pour into a quart-sized mason jar or 16 ounce glass bottle.
7. Standard dose = 1/2 tsp for young child, 1 tsp for older or sick child, 1/2 to 1 tbsp for adults.

Zavier Lazar







# Recipe

for a strawberry

## Smoothie

1 cup of strawberry's frozen  
 $\frac{1}{2}$  cup of Greek yogurt

2 tbs sugar

3 tbs milk



### How to make jello

It has multiple flavors

#### Steps:

- boil water for 25-30 min.
- carefully put it in a bowl add the powder to the hot water.
- stir it for 5 min.
- Add And wait.
- enjoy
- Also you may add eggnoc

#### Ingredients:






- It come from different flavors strawberry, orange, lime.
- boil water







# Fruit smoothie!!

1. put  strawberries into a blender  (Cut the tops or (leaves) off) 
2. peel a banana and split it into thirds then put it into the blender.
3. put 10-15 blueberries in a blender. 
4. put 1/2 to 2 cups of milk in the blender.
5. put 3 teaspoons of sugar in the blender. (You don't have to put sugar.)
6. Put 6 to 7 ice cubes in the blender.
7. Turn on the blender, and let it blend for 1 min.
8. Pour into a glass and enjoy!  Smoothie









## Homemade Hot Chocolate



- 2 cinnamon sticks
- 4 anise stars
- 1 teaspoon of vanilla
- A pinch of salt
- 2 tablespoons of ground chocolate
- 4 tablespoons of sugar
- 5 cups of milk
- 1/2 a cup of oats

### Preparation:

In a medium pot, add: 1 1/2 cups of water and place it on the stove. Add the cinnamon sticks and the anise stars then boil them in the pot for 2 minutes. On the blender, add the milk and the oats and let it blend for 2 minutes. When the cinnamon sticks and anise stars are boiled and the blender is done blending, mix it well with the boiling chocolate. Then, put in a pinch of salt and the vanilla. Let it boil until it gets a thick consistency. Remove from the stove, strain it and enjoy!

## ♥♥♥ Butter Mochi ♥♥♥ (Taylee)

### Ingredients 1

- ♥ Butter Mochi Powder Mix (15oz Bag)
- ♥ 1 cup water (room-temperature)
- ♥ 2 eggs (Beaten)
- ♥ 4 Tbs. Salted Butter (Melted)

### Cooking Instructions con.

- 5. In a large bowl, whisk butter mochi powder mix (entire bag) in 1 cup of room temp. water for 10-15 sec.
- 6. Next, add butter & eggs to mochi batter, whisk for an extra 10-15 seconds until batter is smooth.

### Cooking Instructions 2

- 1. Preheat your oven to 350° F.
- 2. Grease 8x8 inch baking Pan. (Vegetable Oil Spray okay)

### Cooking Instructions con.

- 7. Pour mochi batter into 8x8 inch baking pan.
- 8. Bake for 50-60 min. in pre-heated oven until golden brown and when butter mochi begins to pull away from the sides of the Pan. Be sure to place pan on middle rack in oven.

### After Baking 6

- 9. Cool on cooling rack (approx 1 hr.) cut into squares, and serve!
- (Hawaiian Butter Mochi Mix)
- Made In Hawaii - All natural

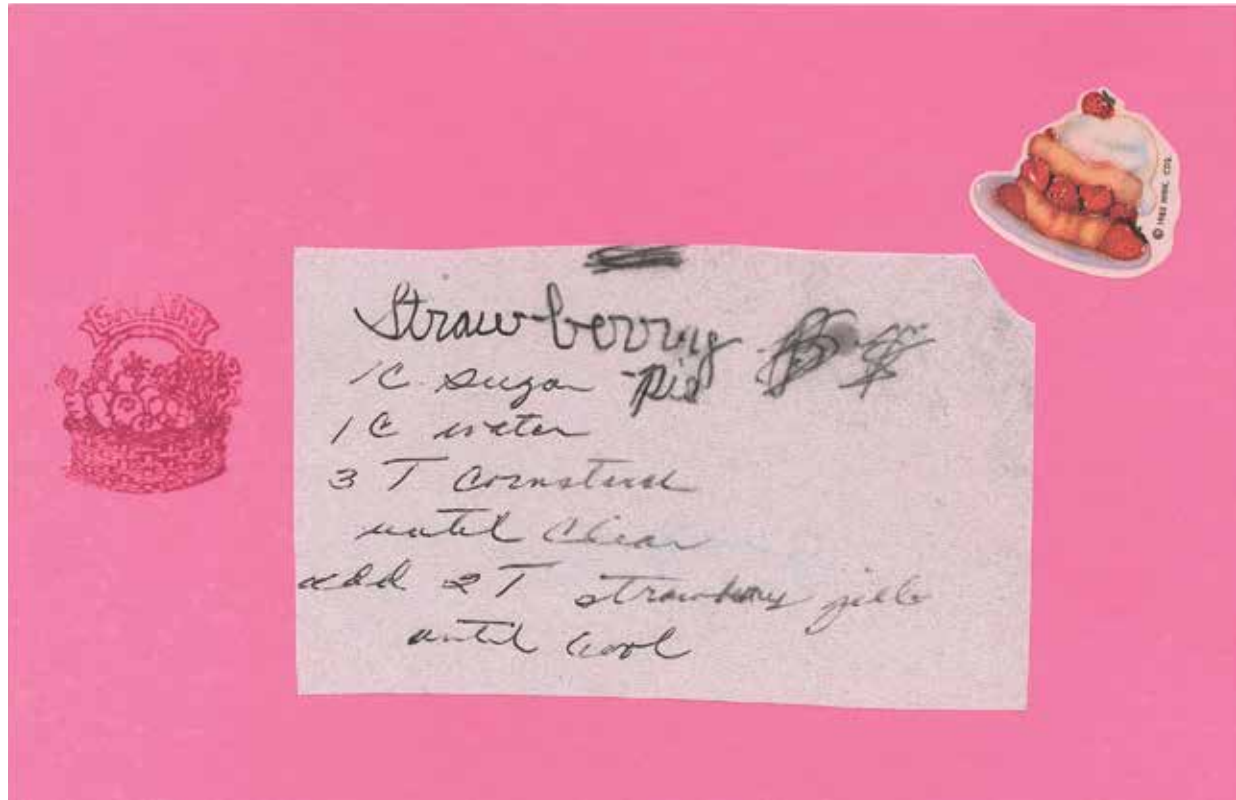
### Cooking Instructions con.

- 3. In a small bowl, Melt 4 Tbsp. of Salted butter, cool (set aside)
- 4. In another small bowl, Beat 2 eggs (set aside).

### Left overs???

- 10. Wrap leftover butter mochi in a plastic wrap and refrigerate. Re-heat in microwave on low until soft (bring mochi back to room temp.)





Naomi Rice	Food: Lemon Lime drink
Bellvue Wa	
Ingredientes:	Primero: Agarra el vaso y pone agua.
Limon	Segundo: Agarra el Limon y lime y apreta los.
Lime	Tercer pone <del>the</del> el azucar y mezcla.
azucar	Finalmente: pone hielo y un popote
agua	
Materiales	
cuchara	
vaso	

### Gingerbread Cookies

#### Ingredients


- flour
- spices
- Baking soda, salt
- egg + vanilla
- molasses
- Butter
- Brown Sugar
- (optional)
- Orange Zest

#### How to make

- Whisk together your dry ingredients.
- Beat the dough
- Chill the dough
- Roll & cut the dough
- Bake
- Decorate



# How to



## cupcake

### 1. Ingredients

1 and  $\frac{1}{3}$  cup of all purpose flour.  
 1 and  $\frac{1}{4}$  teaspoons of baking powder.  
 $\frac{1}{2}$  teaspoon of salt.  $\frac{1}{2}$  cup unsalted butter. 1 cup granulated sugar  
 2 large eggs. 2 teaspoons vanilla extract  
 $\frac{1}{2}$  cup full fat sour cream.  
 Strawberry Frosting

### 2. Heat

oven to 350°F then count out 12 muffin out liners.

### 3. Mix

3. Mix together flour, baking powder and salt

### 4. Melt

4. Melt your butter and salt flappy by pouring it. Also beat in the egg one at a time and then add the vanilla.

### 5. Slowly

5. Slowly add the dry ingredients to the wet ingredients then mix them.

### 6. Scoop

6. Scoop the batter into the cupcake liners

### 7. Bake



7. Bake the cupcakes for 18-20 minutes

### 8. Take

8. Take them out of the oven and let them cool for a few minutes

## Your Done

# Cookie Dough Dip

## Cookie Dough Dip

Ingredients: 1 8 ounce package of softened cream cheese  
 $\frac{1}{2}$  cup of softened butter  
 2 Tablespoons brown sugar  
 1 cup powdered confectioners sugar  
 1  $\frac{1}{2}$  teaspoon vanilla  
 1 cup chocolate chips  
 1 cup toffee bits or butterscotch chips  
 Graham crackers


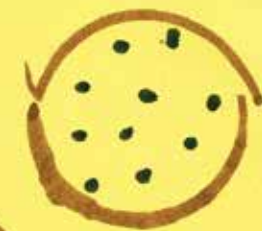


With a hand mixer, cream the brown sugar, cream cheese, and butter until smooth

Add the powdered sugar  $\frac{1}{2}$  cup at a time. Mix until smooth





Add the vanilla and mix well

Fold in the chocolate chips and the toffee bits.

Chill until ready to serve and serve with Graham crackers



<b>tools</b> • knife (not butter knife) • 3 bowls • spoon or mixer • measuring cup • teaspoon • little bowl • juicer	<b>Lemon Cake</b> <b>(cake)</b> <u>You will need:</u> • 2 eggs • 1 cup of flour • 1/2 cup of milk • 1 stick of melted Butter • lemon Juice (sugar if you want)	 
	<b>(frosting)</b> <u>You will need:</u> • 1/3 cup cream cheese • 1/2 cup powder sugar • 1/2 teaspoon vanilla • lemon juice	

let's get cooking!

Set oven for 350 degrees. Mix eggs, milk, melted butter, and lemon juice in one bowl, and the other ingredients in another. Put drys in liqeds, mix. Put batter in circle pan and bake for 40 minutes. Stik toothpick in. batter on it means its not ready so put in for 10 minutes. If clean, you can make frosting. Put on frosting when cake is cool.

\*same things with cupcakes except circle pan.

I will enjoy!!!

By: Basil M. Peters



Recipe:

- Handfull of Strawberries
- Handfull of Blueberries
- Sugar
- Milk
- Maple syrup.

Ingredients. First you get a handfull or a cup of strawberries. Then you get a handfull or a cup of Blueberries in the mixer. Next, put some sugar in the mixer. Next pour some milk in the mixer. Now you mix it up for a little while untill its all blended. Then put some maple Syrup. Blend it and then you are done. Pour it into a cup and drink it!



double 9" pastry crust



6-7 peeled, cored,  
thin sliced tart  
green  
apples



1 tbl lemon juice



1 large egg white



1/2 cup packed brown sugar



1/2 cup granulated sugar



#### Homemade Apple Pie

Ingredients:

1/2 cup sugar  
1/2 cup packed brown sugar  
3 tablespoons all-purpose flour  
1 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
6 to 7 cups thinly sliced peeled tart apples  
1 tablespoon lemon juice  
Pastry for double-crust pie  
1 tablespoon butter  
1 large egg white  
Additional sugar

Directions:

1. In a small bowl, combine the sugars, flour and spices; set aside. In a large bowl, toss apples with lemon juice. Add sugar mixture; toss to coat.  
2. Line a 9-in. pie plate with bottom crust; trim even with edge. Fill with apple mixture; dot with butter. Roll remaining crust to fit top of pie; place over filling. Trim, seal and flute edges. Cut slits in crust.  
3. Beat egg white until foamy; brush over crust. Sprinkle with sugar. Cover edges loosely with foil.  
4. Bake at 375° for 25 minutes. Remove foil and bake until crust is golden brown and filling is bubbly, 20-25 minutes longer. Cool on a wire rack.



extra  
granulated  
sugar

1 pastry brush



1 nine inch pie plate



1 rolling pin



1/4 tsp ground ginger



1 tsp  
ground  
cinnamon



1 tbl butter



3 tbl all-purpose  
flour

## Guava Turnovers



### Ingredients

2 frozen puff pastry sheets thawed

One 8 ounce cream cheese, cut into 8 equal slices

One large egg beaten with 1 tsp. water

1/4 cup confectioner's sugar

1 tsp. milk

1/4 tsp. vanilla extract

4 ounces guava paste, cut into 8 equal slices

### Directions

1. Preheat oven to 400 degrees. Roll out puff pastry to a 9 1/2 in. square; cut into 4 squares.

2. Lay one piece each of the cream cheese & guava paste in the corner of each square. Brush the edges of the squares with the egg mixture. Fold into a triangle & crimp with a fork. Repeat! Arrange on baking sheet, brush with egg. Bake until done, 15-20 min. Cool for 15 min.

3. Stir glaze & drizzle on turnovers. Why? Done!



I've made it since I was very young & I associate it with my mom. Also, it's delicious!



easy

# Peanut Butter Cookies

INGREDIENTS (for 25 cookies)

- 1 cup of peanut butter
- 1/2 cup sugar
- 1 egg

## PREPARE

- 1) Preheat oven to 350°F
- 2) In large bowl, mix in the peanut butter, egg, & sugar
- 3) Scoop out a spoonful of dough & roll it into a ball. Place the ball onto a nonstick baking sheet
- 4) Flatten the cookie balls by pressing a fork down on the top to make a criss-cross pattern
- 5) Bake for 8-10 minutes or until bottom of cookies are golden brown
- 6) Remove from sheet & let cool

7) Enjoy!

2 1/2 cups all-purpose flour

3 tablespoons sugar

2 teaspoons baking powder

1 teaspoon salt

1/2 cup shortening

1/2 cup cold water

### FILLING INGREDIENTS

4 to 6 cooking apples, peeled, cored and cut into sections

1/2 cup sugar, divided

Cinnamon

Nutmeg

1/4 cup butter, divided

### SAUCE INGREDIENTS

1 1/2 cups sugar

2 cups milk

1 teaspoon vanilla

1/4 teaspoon cinnamon

Pinch of nutmeg

1/4 cup butter, divided

### RECIPE INSTRUCTIONS

Prepare pastry by combining dry ingredients and cutting in shortening until mixture resembles coarse meal. Add water and mix until soft dough is formed. Roll into a rectangle approximately 20 inches by 15 inches and cut in 12 5-inch squares.

Place apple sections on each square and sprinkle each with 2 teaspoons sugar and a dash of cinnamon and nutmeg. More or less sugar may be used depending on sweetness of apples. Top each with 1 teaspoon butter and bring corners of dough to center and seal. Place in a shallow lightly greased baking dish. Freeze at this point if desired.

Make sauce by combining sugar, milk, vanilla, cinnamon and nutmeg. Pour over dumplings and top each with 1 teaspoon butter. Bake at 375°F for 35 to 45 minutes or until lightly browned. Serve warm with cream, if desired.

## Apple Dumplings (Dessert)





## Mini chocolate cheesecakes



### Ingredients:

for crust:

2 Tbsp sugar  
6 graham crackers

for filling: 2 Tbsp cocoa powder

1 (8oz) pkg. cream cheese (softened)

1/4 cup sugar  
1/2 cup semisweet chocolate chips  
1 Tbsp milk

1/4 cup sour cream  
1 Tbsp vanilla  
1/4 Tbsp salt  
for serving (optional):

1 egg  
whipped cream  
raspberries

3 Tbsp butter

### Steps:

1. Preheat oven to 350°F. Line muffin tins with liners.
2. Add graham crackers to plastic bag. Use a rolling pin to crush into fine crumbs.
3. Add butter to medium microwave safe bowl. Heat until melted.
4. Add graham cracker crumbs, sugar, and cocoa powder to melted butter.
5. Spoon 1 tbsp. crumb mixture into muffin cups. Press to make a firm crust.
6. Add cream cheese and sugar to bowl of stand mixer.
7. Cream on lowest speed until very smooth, 3-5 minutes.
8. Add chocolate chips and milk to medium microwave safe bowl. Heat 30 seconds and stir until smooth.
9. Add chocolate, sour cream, vanilla and salt to mixer. Mix on low speed until combined.
10. Crack egg and add to mixer. Mix until combined.
11. Pour filling over crusts. Bake until set, 20-22 minutes.
12. Chill at least 2 hours before serving. Top with whipped cream and raspberries. Taste and adjust.

# Creative & Community







# RECEPIE FOR HAPPIENESS

## INGREDIENTS:

- 4 cups of Love
- 2 cups of Loyalty
- 2 cups of Friendship
- 1 cup of Kind words
- 1 barrel of Laughter
- 1 can of smiles
- 1 pinch of personality
- A dash of well meaning Humor

## INSTRUCTIONS:

Mix Love, Loyalty, and Friendship in a bowl. Next, stir in Kind words, Personality, and humor. Add smiles, then sprinkle with a bit of Laughter. Pour in pan and bake with Sunshine. Serve daily and share with those around you.



# Recipe for solving WORLD HUNGER

Step 1: Donate Money to...

- Food Banks
- Non-Profits



Step 2: Donate Food Healthy

- Fresh food (veggies)

- Healthy Baby Food

- Canned fruit (in healthy substances)

- Soup

Step 3: Volunteer / Fundraise



Step 4: Educate

- Posters
- Flyers
- Teaching others





Name: LOU M

Recipe for PONYS RIDING


Ingredients:

1. A PONY
2. A BRIDLE
3. SADDLE
4. STRAP



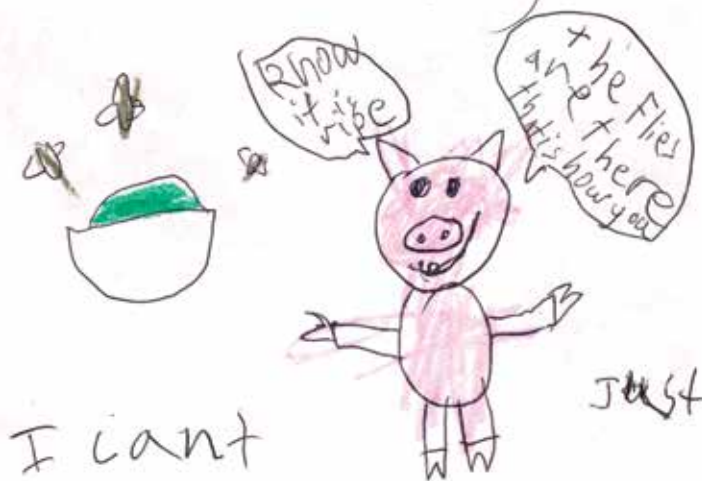
Directions:

get on the pony  
put your feet in  
the straps post mark  
your hands downward together

Elephant and piggy slop 

Tomas age 7

1. 3 cups of water
2. 1 or 2 drops of green food coloring
3. cut broccoli into very small pieces
4. cut green beans as small as broccoli
5. put with broccoli
6. mix water and food coloring with spoon
7. put in the vegetables
8. mix in vegetables
9. Eat
10. make sure to share with family



I can't  
believe slop  
is healthy

Just Kidding



# Recipe for the BEST



# friendship

You will ever have

## Ingredients:

- 1 to 5 people you know
- 2 cups kindness
- 3 heaping spoons laughter
- $\frac{3}{4}$  cup compassion
- 4 tablespoons thoughtfulness
- dash of empathy



## Directions:

Mix well. Spread liberally and, if you have leftovers, give those away too!

# Friendship

You need

Kindness listening  
Other People love

1 Say hi to someone Say  
What's Your name

2 Play together

3 Laugh together

4 Take turns

2 Help each other



# A Basic Recipe for Respect (aprox. 45 mins.)

By: Siena M.

## Ingredients:

- A pinch of honesty
- 1 big handful of awareness
- 2 teaspoons of trust/orthiness
- 2 cups of kindness
- 3 tablespoons of love
- 5 teaspoons of empathy
- 7 pinches of fairness



## Recipe Directions

1. Add 2 cups of kindness.
  2. Then, add 5 teaspoons of empathy. Mix thoroughly for 45 seconds.
  3. Add 1 big handful of awareness.
  4. Add a small pinch of honesty.
  5. Add 3 tablespoons of love. Then mix.
- Put the ingredients in a fridge for 10 mins.

# ENJOY!

# How to make an Equity Cake

*You will need...*

- One cup of advocates
- Two tbsp of awareness
- Ten tbsp of demands
- Ten tbsp of riot

## Instructions:

First, take a cup of advocates and put them in a bowl. Add a heap of knowledge and stir into the advocates. Then, add your two tbsp of awareness for the cake batter. Make sure the knowledge is evenly distributed among the bowl. Stir evenly to smooth out any chunks. Bake for 20 minutes. While that's baking, stir your demands and riot in a bowl. Finally, frost the cake with your demands and riot. Now, you have an equity cake!



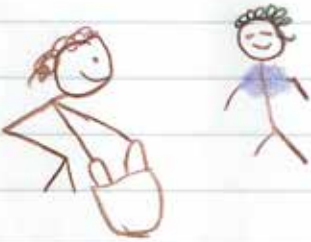
# Recipe for A Great Community



1 cup LOVE



1 gallon GIVING



9 bags respect



12 hours volunteer



8 sprinkles KINDNESS



4 dallops trustworthiness



7 dashes loyalty



100% Effort

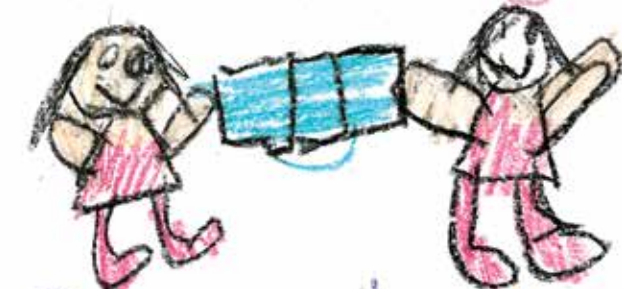
Caring cups,



Kindness!  
F + B S P



sharing



9 pinches

Love



5 sprinkles



# Friendship pie Recipe

By-Kristen

## INGREDIENTS:

a dash of caring & love

a cup of kindness

a pinch of happiness

a spoonful of honesty

## INSTRUCTIONS:

First, combine a dash of caring & love with a pinch of happiness. Then, slowly mix in a cup of kindness and a spoonful of honesty. Lastly, bake the pie and once you eat it, your friendship pie will be complete.



# RECIPE FOR A KINDNESS





# A Recipe For Rebellion

Chef Aimee



## Ingredients

1 cup of unrest  
 3/4 tablespoon of manipulation  
 Pinch of corruptness  
 1 teaspoon of unity  
 1/4 teaspoon of revolution  
 1/2 cup of rage  
 1/2 cup of inspiration  
 Pinch of betrayal

## Practical Applications

1. A party
2. A protest
3. When leaders are corrupt
4. Teenage years
5. When vegetables are served
6. When someone needs their just desserts
7. In moments of great anger or sadness
8. When you need some spice in your life
9. When you discover your entire life is a lie
10. When there is a law that needs changing

## Recipe

Mix everything together. Put the mixture in the oven. Start off at low heat then slowly turn up the heat. Then You have a delicious rebellion. Serve to corrupt officials and enjoy!







1.   
5 cups  
of Respect

3.  
49 cups  
of food 

2.   
25 cups  
of being kind

4.   
100 cups  
of candy

5.  
100 cups  
of carrots 

makes



Recipe for having fun with your

!!! DOG!!!



ingredients  
• Treats  
• Dog  
• Toys/rope toy/ball  
• Love



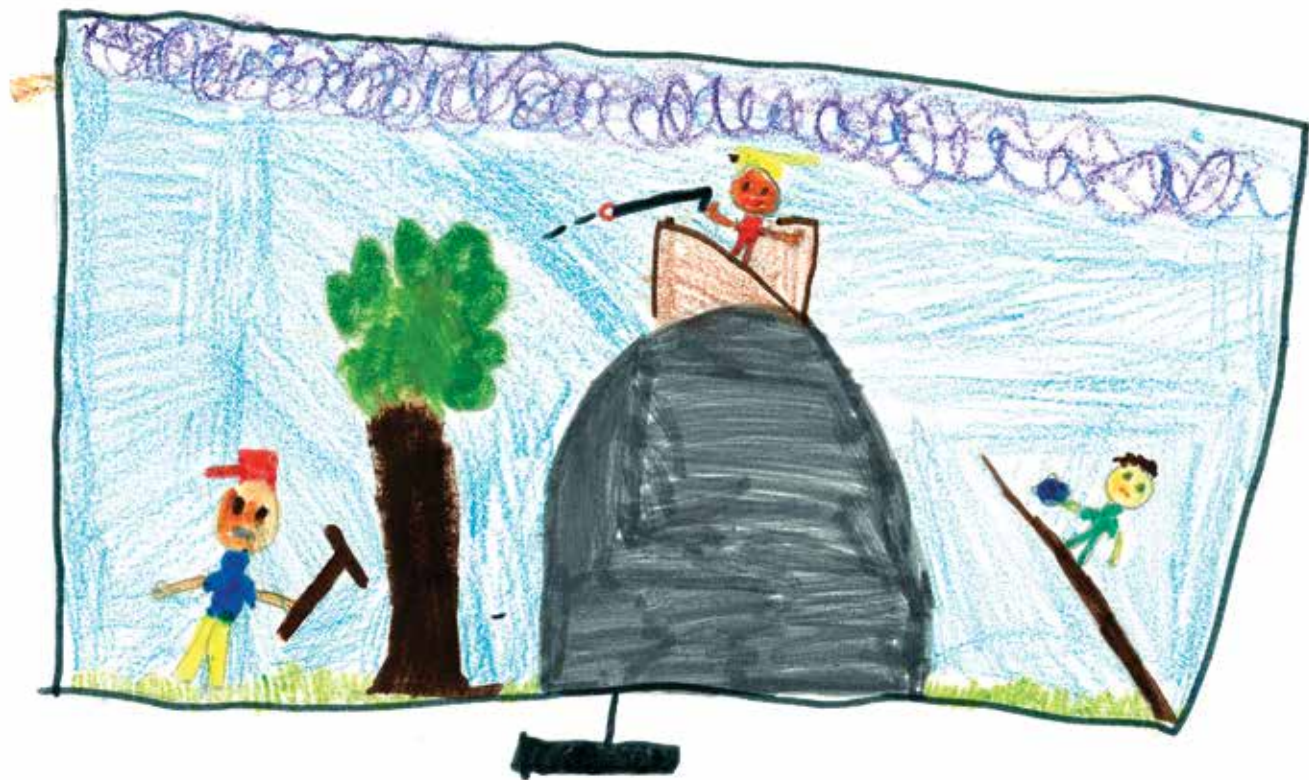
Steps

1. Show your dog you love them by giving them treats, praise, and lots of love
2. Find a long toy, let your dog get a good grip on the toy so you and your dog can play Tug-a-war
3. Then take your dog to an open space, throw a ball till your dog chases it, then give your dog treats
4. Again show your dog

!!! SOME LOVE!!!







## A perfect fortnite game

- Have a tryhard Skin
- have a Med Kit
- Have full Shield
- good loot
- High ground
- A Good place to land (SAFE)
- A good Drink and Snack
- No noise
- And If you follow these rules you will win the Game 😊

# How to Make People Laugh

- ① Tell a joke
- ② Tell them a story
- ③ Give them a compliment
- ④ Make them Smile
- ⑤ Laugh at yourself







## Recipe -for- Addressing Hunger...

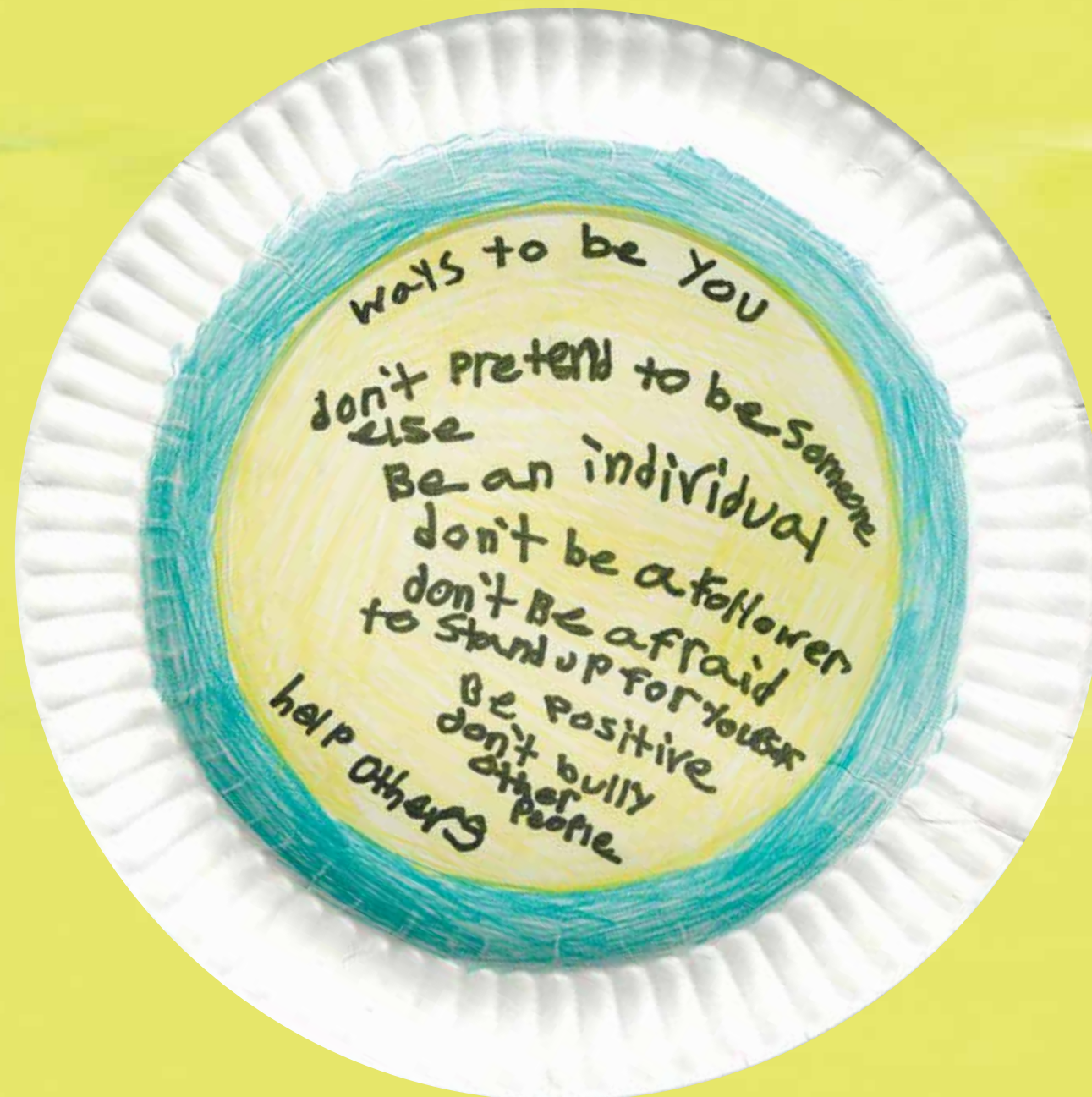
1. Share out to your community about hunger.
2. Find out how to help.
3. Get together and help people who suffer from hunger.
4. Become more active in a community that helps with hunger.

051212 / 051212 051212

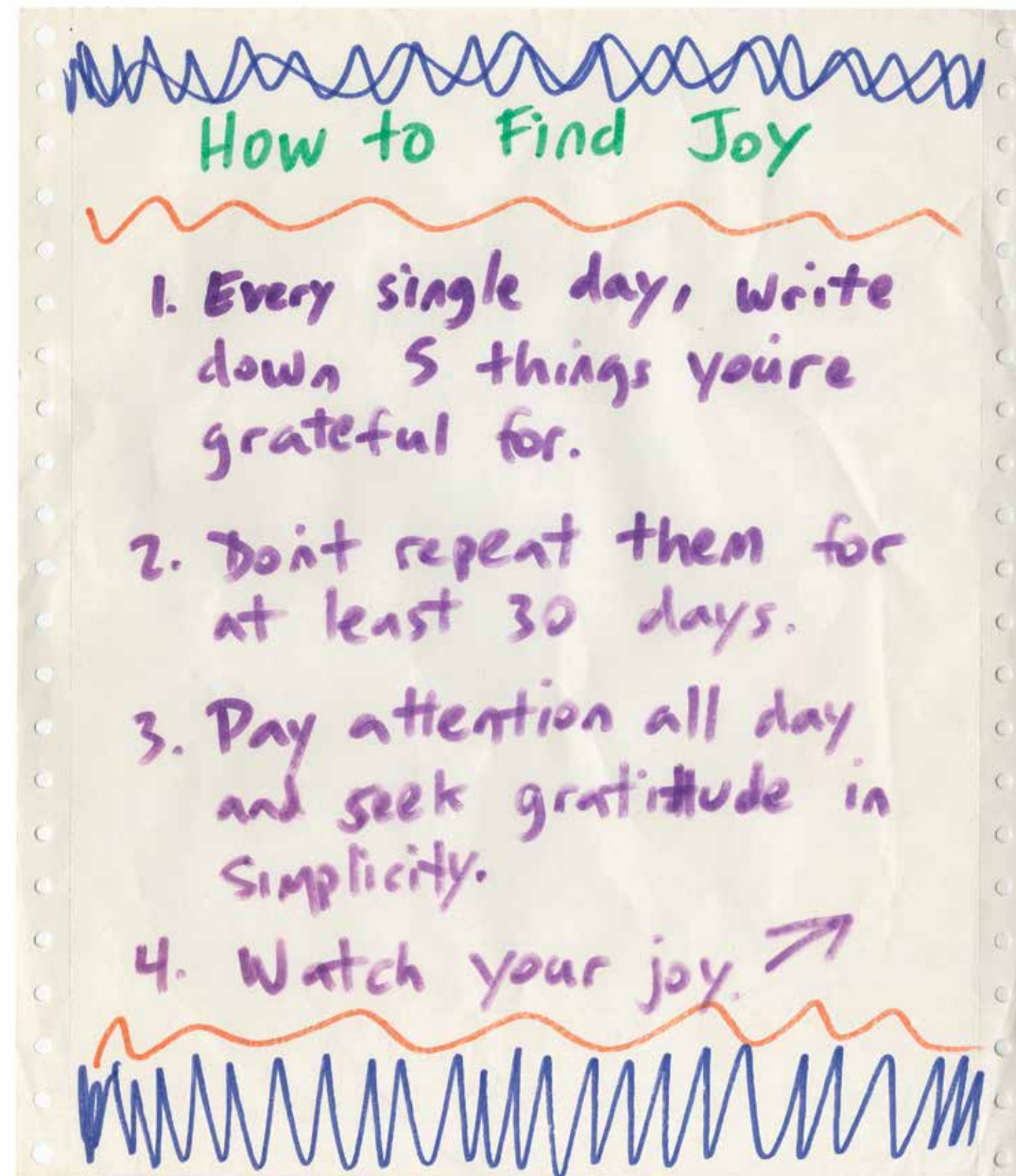


# Sequencing

1	There cups of helpfulness
2	5 cups of Kindness
3	4 cups of giving
4	4 cups of friendship
5	7 cups of welcoming









# About Students Rebuild

Part art project, part lesson in global citizenship, Students Rebuild is a free, ready-made adventure in learning that lets K-12 students leverage their critical thinking, creativity and compassion.

## HOW IT WORKS

Each September, we issue an annual "Challenge" inviting young people worldwide to learn about and respond to a critical issue faced by their peers. Every Challenge involves three elements:

### LEARN Explore a global issue

We invite students to expand their understanding of critical world issues through curriculum and easy-to-navigate lesson plans. Past Challenges have addressed issues like hunger, ocean health, disaster relief, literacy and more.

### CONNECT Engage with students from around the world

Students develop understanding and empathy by experiencing firsthand stories of their peers through videos, blogs, video-conferencing and more.

### ACT Make art and activate donations

As part of each Challenge, we ask students to create and submit art related to an issue. For each piece of art submitted, the Bezos Family Foundation makes a matching donation that goes to selected organizations who are addressing the issue. The more art students submit, the bigger the total donation.

Here's a peek at one of our Challenges...



In 2016, we learned about the Syrian Refugee Crisis affecting millions of children. Students from 27 countries participated.

Webinars provided students with an opportunity to hear directly from young people affected by the war in Syria.



In response, students worldwide created more than 200,000 pinwheels and generated \$400,000 for education programs for children in refugee camps in Iraq and Lebanon.

## STUDENT IMPACT SINCE 2010

Since its inception, Students Rebuild has engaged hundreds of thousands of young people and raised millions of dollars:



**\$7 MILLION+ DONATED**

through student efforts

**11 GLOBAL ISSUES**



**1 MILLION+ PARTICIPANTS**

in 83 countries and all 50 U.S. states



**10,000+ EDUCATORS**

fostering knowledge, dialogue, empathy, and understanding

**6 MILLION WORKS OF ART**





The collage features a variety of student-made recipe cards and posters. The cards are creatively designed using paper plates, construction paper, and other materials. Recipes include 'Puppy Chow', 'Banana Pancakes', 'Pumpkin Muffins', 'Cloud Eggs', 'Yogurt Fruit Dip', 'Cake Pop Recipe', 'Pancakes', 'Recipe for Chocolate Chip Crescent Rolls', 'Frying Saucer Cookies', 'Mashed potatoes', 'Taco Puffs', and 'Apple Lemon Cheesecake'. Some cards feature drawings of the food items, while others use text and simple graphics. The cards are arranged in a cluster, overlapping each other.

### A list of teams with featured digital recipes

#weareaya  
Art Raptors  
1st College Heights  
2nd Grade Rocks  
Aliamanu Middle School  
191 Brownies  
APE Sailors  
Art with a Purpose  
Art Works for Hunger  
Ashford School  
Beasley Lower School  
Ben Franklin  
Brighton Eagles  
Brockstars  
Carbondale Hunger Helpers  
Carolina Day School Grade 8  
Charata  
Cheltenham HS Women in Science &  
Engineering  
Clarkstown High School North  
College Park Middle School Team  
Wolfteam  
Contemporary Education Academy  
West Maple Wolves  
Cornerstone Elementary Chameleons  
Cornwall Consolidated School Roots  
& Shoots  
Cottage Street School and East  
Elementary School  
CPS Bulldogs  
Cook Learn Grow  
Cream Cheese Cookies  
Creative Cats

Flushing High School Powerful Foods  
Fourdodo and Friends  
Go Eagles  
GATE Students  
H2O, Help to Others  
Hackley School  
Hazen 2020  
Helping Hands  
Helping Others Eat  
Hingham High School  
Hippocratio  
IB Service Learners  
Jaws  
Hunger Beaters  
Immaculate Heart of Mary School  
Eagles  
Ivy Hall Academy  
Jaguars  
i-Learn against Hunger

Mrs. Valenti's Art Students  
Oak Park Elementary School District 97  
Occupational Therapy DCE  
Oswego 308  
Oceanside Sailors

Youth Volunteer Corps of Greater  
 Philadelphia  
 Waters Fine Arts Activists!  
 Primus Skyrockets  
 Quest Project Youth in Action  
 Randolph Rams Transition & Culinary  
 Pride  
 Ranney School  
 Recipes from the HeART!  
 Ringling's Recipes  
 Riverhawks 8  
 Rm 25's Cooks  
 Rumsey Blue Dogs  
 Salem 3rd  
 Save the Children Long Island Student  
 Ambassadors  
 Schurz Artists for a Healthy Future  
 Seton Catholic Elementary National  
 Honor Society  
 St. Vincent de Paul EDGE Ministry  
 Sisters Against Hunger  
 St. Mary's Academy Lower School  
 CMS Students  
 Team Empathy  
 Students Rebuild Kirksville  
 Super Science Kids  
 The Flyer Saucer Cookies  
 Stevenson Saints  
 Taylor Mills Tigers  
 Team Ichthys  
 Team Young  
 The Ospreys  
 Team Figge  
 Team Nellie  
 Team PIRATES



