



MOPS Family Meal Group Activity

THIS TABLE ACTIVITY WILL START AT THE END OF ONE MEETING AND RESUME AT THE NEXT MEETING.

At the end of a meeting, each table in your group should be assigned one of the following countries along with the corresponding web address:

Bangladesh	http://www.compassion.com/about/where/bangladesh.htm
Bolivia	http://www.compassion.com/about/where/bolivia.htm
Brazil	http://www.compassion.com/about/where/brazil.htm
Burkina Faso	http://www.compassion.com/about/where/burkinafaso.htm
Colombia	http://www.compassion.com/about/where/colombia.htm
Dominican Republic	http://www.compassion.com/about/where/dominicanrepublic.htm
Ecuador	http://www.compassion.com/about/where/ecuador.htm
El Salvador	http://www.compassion.com/about/where/elsalvador.htm
Ethiopia	http://www.compassion.com/about/where/ethiopia.htm
Ghana	http://www.compassion.com/about/where/ghana.htm
Guatemala	http://www.compassion.com/about/where/guatemala.htm
Haiti	http://www.compassion.com/about/where/haiti.htm
Honduras	http://www.compassion.com/about/where/honduras.htm
Indonesia	http://www.compassion.com/about/where/indonesia.htm
Kenya	http://www.compassion.com/about/where/kenya.htm
Mexico	http://www.compassion.com/about/where/mexico.htm
Nicaragua	http://www.compassion.com/about/where/nicaragua.htm
Peru	http://www.compassion.com/about/where/peru.htm
Philippines	http://www.compassion.com/about/where/philippines.htm
Rwanda	http://www.compassion.com/about/where/rwanda.htm
Sri Lanka	http://www.compassion.com/about/where/sri-lanka-facts.htm
Tanzania	http://www.compassion.com/about/where/tanzania.htm
Thailand	http://www.compassion.com/about/where/thailand.htm
Togo	http://www.compassion.com/about/where/togo.htm
Uganda	http://www.compassion.com/about/where/uganda.htm

Ask each table to research their country on the listed website and appoint someone to prepare or purchase a typical meal from that country. The “Typical Meal” tab can be found in gray on the right-hand side, and there is other great information about each Compassion country, too. Prepare a poster that names your country and any facts you’d like to share about it. The links have plenty of resources for you to pull from.



MOPS Family Meal Group Activity (continued)

At your next meeting, set up the sample meals to be tasted at each table, and read the following to the group:

Hi, MOPS moms. Thank you for learning about one of the countries where Compassion International serves.

When it's the time of day that everyone in your house is hungry for dinner, the following might be true for you or the other moms in this room:

- 1. I'm a planner. This meal has been planned and prepped, and all I have to do is put the finishing touches on it. I even made cookies for dessert.*
- 2. I'm not a planner. I scour my pantry and refrigerator to see what I can come up with. Of course, there's plenty to work with.*
- 3. I'm too tired to cook. I'm going to call that pizza place and have dinner delivered. And those good breadsticks, too.*
- 4. I'm frugal. I've saved leftovers from the last three meals, and we will get it all out and finish it up. I can supplement with a quick green salad if I need to.*
- 5. My husband is a rock star and there are burgers on the grill. I do love that grass-fed beef we've been getting at the farmer's market.*

For most moms in the developing world, dinner usually looks more like this:

- 1. I'm a single mom. I work hard selling used clothes and shoes every single day to make money for food and make it stretch as far as possible. Sometimes we get to eat a meal every day, but many times we don't. I have my oldest child work instead of attending school to help me earn money.*
- 2. I'm a married mom. My husband doesn't have a regular job, and I don't either. We don't have anything to eat today. We will see if we can find some scraps at the dump to feed our children. They can't go to school because we can't afford to send them. I worry that their lives will always be difficult.*
- 3. My children and I live with my mom. She has a little bit of money, so we get to eat a meal of rice and beans almost every day. We start the preparation in the morning, and it takes many hours to cook in our outdoor kitchen. Our only knife has no handle, and we cook over a coal fire on the ground.*
- 4. My husband died from AIDS. I have some ground corn left today and can make it into a small morning meal with some boiling water and seasonings. I wish I had a small piece of meat to split among my sons, but not today. At least I have some cooking oil left.*
- 5. My siblings and I are orphans and live with our grandmother. We have one chicken to butcher. This is our last one. It is no longer laying eggs, so we will cook it and eat it on Sunday and give thanks to God for a meal with meat in it.*

Take turns walking around to the other tables and sampling their meal.

DISCUSS:

1. What does meal preparation and planning look like in your family?
2. What tools do you have available to you that moms in other countries might not?
3. What other resources make it easier for you to put a meal on the table?
4. What does God have to say about the poor?
5. What can be done for moms like this?

PRESENT COMPASSION TO YOUR GROUP.

[more tools and resources available at compassion.com/MOPS]