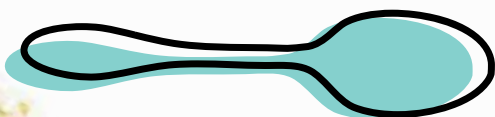


FEED MY STARVING CHILDREN®

MannaPack™

COOKBOOK





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FORWARD FROM NUTRITIONIST



• **Cade Fields-Gardner** •
MS, RDN, LDN, CD

MannaPack™ products can provide a solid base for a well-rounded and nutritious diet for beneficiaries both young and old. The products were designed for nutritional value and acceptability. The products contain a specifically-designed balance of calories with high-quality protein and important vitamins and minerals. Each ingredient is important to the balance and nutritional value of the meal. All of the ingredients in the packages should be used to provide balanced and nutritious meals.

This cookbook provides some examples of how the MannaPack™ products can be used as a part of a balanced diet prepared in a variety of ways. Each product is vegan and halal certified, which allows cooks the opportunity to be creative to match nearly any cultural or food preferences.

The **MannaPack™ Rice** product can be enhanced for both variety and nutritional value through its use in recipes that are tailored to the cultural preferences and regional resources.

Adding vegetables and protein foods gives these meals and the children or adults who consume them an even bigger nutritional boost.

MannaPack™ Potato-W was built to be a solid weaning and complementary food to fill the gap beyond exclusive breastfeeding and a baby's consumption of family foods. While it contains the nutrients in the balance and amounts recommended by the World Health Organization for children 7-12 months old, it can be used as a base for recipes that include other sources of calories, such as vegetables, fruits, protein foods and fats.

MANNAPACK™ RICE
RECIPES



FMSC

Caribbean

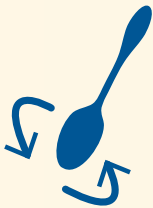
RECIPES

MANNAPACK™ RICE

INSTRUCTIONS



Add contents of package
to 1.5L of boiling water.



Stir.



Cover and cook over low
heat for 20 minutes.
Makes six 240 ml servings.



BARBECUE RED BEANS

MANNAPACK™ RICE



INGREDIENTS

- 500 mL red beans (dry)
- 500 g beef, chopped
- Cooking oil to coat pot
- 1 small onion, chopped
- 2 pieces celery, chopped small
- 250 mL mild peppers, chopped
- 2 tomatoes, chopped
- 1 handful barbecue spice
- 2 L water
- Salt to taste
- 1 MannaPack Rice
- 500 mL yogurt

INSTRUCTIONS

For the barbecue beans, coat a medium stock pot with oil. Heat to medium heat, add meat and brown. Once meat is browned, add vegetables and barbecue spice and cook until vegetables are tender. Add beans and water to the pot and bring to a boil. Then simmer for approximately 1.5 hours. Season to taste. Cook MannaPack Rice as instructed on package. To serve, place MannaPack Rice in a dish and dig a hole in the center. Fill the hole with a portion of barbecue beans and finish with a dollop of yogurt.

HABICHUELAS ROJAS A LA BARBACOA

- 1 lb de habichuelas rojas (secas)
- 18 oz de carne, picada en cuadros
- Aceite de cocina para cubrir la olla
- 1 cebolla pequeña, picada
- 2 pedazos de apio, picado pequeño
- 8 oz de ají cubanela, picados
- 2 tomates barcelo, picados en cuadros
- 1 puñado de especias de barbacoa
- 2 litros de agua
- Sal al gusto
- 1 paquete de Arroz MannaPack
- 18 oz de yogurt

Para las habichuelas a la barbacoa, vierta el aceite en una olla mediana hasta cubrir la superficie de la olla. Caliente a fuego medio, y agregue la carne hasta dorar. Una vez que la carne esté dorada, agregue las verduras y las especias de barbacoa y cocine hasta que los vegetales estén tiernos. Agregue las habichuelas y el agua a la olla hasta hervir. Luego cocine a fuego lento durante aproximadamente 1.5 horas. Sazone al gusto. En otra olla, cocine el Arroz MannaPack como se indica en el paquete. Para servir, coloque el Arroz MannaPack en un plato y haga un hoyo en el centro. Llene el hoyo con una porción de las habichuelas a la barbacoa y termine con una cucharada de yogurt.

MANGÚ

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1.5 L water
- 3 plantains, cooked and mashed
- 6 eggs
- 2 slices meat, cured
- 1 handful cilantro, chopped
- Sliced chilies as desired

INSTRUCTIONS

Cook MannaPack as instructed on package. Fold in mashed plantains until incorporated. Fry cured meat and eggs to desired doneness and place on top of MannaPack Rice. Garnish with cilantro. Fried plantains may be added for sweetness.

MANGÚ

- 1 paquete de Arroz MannaPack
- 1.5 litros de agua
- 3 plátanos, cocidos y hecho mangú
- 6 huevos
- 2 rebanadas de carne pre cocida (curada)
- 1 puñado de cilantro picado
- Chiles en rodajas como se desee

Cocine el Arroz MannaPack como se indica en el paquete. Forme una capa del mangú de plátano. Fría la carne curada y los huevos al punto de cocción deseado y colóquelos encima del Arroz MannaPack. Adorne con cilantro. Se pueden agregar plátanos fritos para obtener mayor dulzura.

MORO DE GUANDULES

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1.5 L water
- 2 handfuls pigeon peas, cooked
- Capers to taste
- Olives to taste
- Cooked pork (optional)
- 6 eggs
- 1 handful cilantro
- Sliced chilies to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Fold in cooked pigeon peas, capers and olives until incorporated. Fry eggs to desired doneness and place on top of MannaPack Rice. Garnish with cilantro and chilies.

MORO DE GUANDULES

- 1 paquete de Arroz MannaPack
- 1.5 litros de agua
- 2 puñados de guandules, cocidos
- Alcaparras al gusto
- Aceitunas al gusto
- Cerdo cocinado (opcional)
- 6 huevos
- 1 puñado de cilantro
- Chiles en rodajas al gusto

Cocine el Arroz MannaPack como se indica en el paquete. Una los guandules cocidos, las alcaparras y las aceitunas hasta que se incorporen. Fría los huevos al punto de cocción deseado y colocar sobre el Arroz MannaPack. Adorne con cilantro y chiles.

NIÑO ENVUELTO

MANNAPACK™ RICE



INGREDIENTS

- 1 head cabbage
- 2 L broth or water
- 1 MannaPack Rice
- Cooking oil to coat pan
- 1 large onion, diced
- 2 carrots, diced
- 500 g ground meat
- 4 tomatoes, diced
- 2 eggs
- Salt to taste

INSTRUCTIONS

Bring broth or water to a simmer. Core cabbage and pull off large leaves, then blanch for 15 seconds and set aside. Use remaining broth or water to cook MannaPack Rice as instructed on bag. Set aside and allow to cool. Note: This process can be done in advance and is a good way to use leftover MannaPack Rice.

Heat oil in pan over medium heat, add onion and carrots and sauté on low heat until tender. Add ground meat and cook until browned, then add tomatoes and 375 mL of remaining broth or water. Cook until tomatoes are soft and broth or water has been absorbed. Allow to cool for five minutes.

In a large bowl, beat eggs, cooked MannaPack Rice and meat mixture until well incorporated. Fill cabbage leaves with small handfuls of mixture, folding inward. Place seam side down in a pot to form a single layer. Cover halfway with broth or water, cover the pot and simmer for 20-30 minutes. Additional broth or water may be added as needed. Finished product may be eaten alone or served with yogurt, chopped herbs or bread.

NIÑO ENVUELTO

- 1 cabeza de repollo
- 2 litros de caldo de pollo o agua
- 1 paquete de Arroz MannaPack
- Aceite de cocinar para cubrir la sartén
- 1 cebolla grande, cortada en cubitos
- 2 zanahorias, cortadas en cubitos
- 1 libra de carne molida
- 4 tomates, cortados en cubitos
- 2 huevos
- Sal al gusto

Hierva el caldo o el agua a fuego lento. Corte a mitad el repollo y quite las hojas grandes, luego lavarlos con cloro durante 15 segundos y separar a un lado. Use el caldo o el agua restante para cocinar el Arroz MannaPack como se indica en el paquete. Ponga a un lado y deje enfriar. Nota: Este proceso se puede realizar con anticipación y es una buena manera de utilizar el Arroz MannaPack sobrante.

Caliente el aceite en una sartén a fuego medio, agregue la cebolla y las zanahorias y saltee a fuego lento hasta que estén tiernas. Agregue la carne molida y cocine hasta que se dore, luego agregue los tomates y 375 mL de caldo restante o agua. Cocine hasta que los tomates estén suaves y se haya absorbido el caldo o el agua. Deje que se enfríe durante cinco minutos.

En un tazón grande, bata los huevos, el Arroz MannaPack cocido y la mezcla de carne hasta que estén bien incorporados. Llene las hojas de repollo con pequeños puñados de mezcla, doblando hacia adentro. Coloque la costura hacia abajo en una olla para formar una sola capa. Cubra a la mitad con caldo o agua, cubra la olla y cocine a fuego lento durante 20-30 minutos. Se puede agregar caldo o agua adicional según sea necesario. El producto terminado se puede comer solo o acompañado de yogurt, hierbas picadas o pan.

PLÁTANO MADURO

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2 L water
- 1 box raisins
- Sliced green olives as desired
- 500 g ground beef (optional)
- 6 plantains
- Orange zest to taste
- 1 pinch cumin
- 1 pinch coriander
- 1 pinch paprika
- 2 handfuls white melting cheese
- Salt to taste
- Cooking oil to coat pan

INSTRUCTIONS

Bring a pot of water to a boil and cut ends off plantains. Cook for 15-20 minutes, then let cool, peel, slice and set aside. Cook beef in oil until browned. Add MannaPack Rice and cook as instructed on package. Fold in raisins, sliced olives, cheese, paprika, coriander, cumin and orange zest. Place MannaPack mixture on top of sliced plantains. Serve warm.

PLÁTANO MADURO

- 1 paquete de Arroz MannaPack
- 2 litros de agua
- 1 caja de pasas
- Aceitunas verdes en rodajas como se desee
- 17 oz de carne molida (opcional)
- 6 plátanos maduros
- Ralladura de naranja al gusto
- 1 pizca de comino
- 1 pizca de cilantro
- 1 pizca de pimentón
- 2 puñados de queso blanco para derretir
- Sal al gusto
- Aceite de cocina para cubrir la sartén

Ponga a hervir una olla de agua y corte los extremos de los plátanos. Cocine por 15-20 minutos, luego deje enfriar, pele, pique y reserve. Cocine la carne con un poco de aceite hasta que se dore. Agregue el Arroz MannaPack y cocine como se indica en el paquete. Agregue las pasas, las aceitunas rebanadas, el queso, el pimentón, el cilantro, el comino y la ralladura de naranja. Coloque la mezcla de Arroz MannaPack encima de los plátanos en rodajas. Sirva caliente.

SWEET RICE & CORN

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1.5 L water
- 3 ripe plantains, mashed
- 3 ears corn, grilled
- Honey to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Grill ears of corn and remove kernels. Fold in mashed plantains and corn kernels until incorporated. Drizzle with honey and serve hot.

ARROZ DULCE Y MAÍZ

- 1 paquete de Arroz MannaPack
- 1.5 litros de agua
- 3 plátanos maduros, hecho puré
- 3 orejas o unidades de maíz, a la parrilla (asados)
- Miel al gusto

Cocine el Arroz MannaPack como se indica en el paquete. Ase a la parrilla las mazorcas de maíz y quite los granos. Mezcle el puré de plátanos y los granos de maíz hasta que se incorpore. Rocíe con miel y sirva caliente.

VEGETABLE SALAD

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 250 mL mild peppers, chopped
- 2 carrots, shredded
- 2 cucumbers, chopped
- 4 tomatoes, chopped
- 2 bunches herbs, chopped
- Salt to taste
- 375 mL yogurt
- 2 large pinches curry powder
- 125 mL water

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Note: This can process can be done in advance and is a good way to use leftover MannaPack Rice. Place yogurt, water and curry powder into a large bowl and mix until smooth and thin. Add MannaPack Rice, vegetables and herbs and gently toss until well incorporated. Serve dish cold or at room temperature.

ENSALADA DE VEGETALES

- 1 paquete de Arroz MannaPack
- 8 oz de ají cubanela, picados
- 2 zanahorias, ralladas
- 2 pepinos, picados
- 4 tomates, picados
- 2 ramos de hierbas, picadas
- Sal al gusto
- 12 oz de yogurt
- 2 pizcas grandes de curry en polvo
- 4.5 oz de agua

Cocine el Arroz MannaPack como se indica en el paquete. Nota: Este proceso se puede realizar con anticipación y es una buena manera de utilizar el Arroz MannaPack sobrante. Coloque el yogurt, el agua y el polvo de curry en un tazón grande y mezcle hasta que quede suave y fino. Agregue el Arroz MannaPack, verduras y hierbas y mezcle suavemente hasta que esté bien incorporado. Sirva el plato frío o a temperatura ambiente.

ARROZ CON COCO

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1.5 L water
- 1 can coconut milk
- Shredded coconut as desired
- 1 handful almonds, chopped
- 2 plantains, fried
- Orange zest to taste
- Cinnamon to taste
- Salt to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Fold in coconut milk and almonds. Season with cinnamon, orange zest and salt to taste. Place fried plantains on top of MannaPack Rice.

DIRI AVÈK KOKOYÉ

- 1 sachè MannaPack Rice
- 1.5 Lit Dlo
- 1 Ti mamit ji kokoyé
- Koupé ou raché kokoyé a Jan ou vlé kwit li
- 1 Ponyen grenn zanmand, raché
- 2 grenn bannann, fok li fri
- Mété po sitwon grajé pou lévé gou a
- Mété Kanèl pou levé gou a
- Mété sel pou lévé gou a

Kwit MannaPack Rice Jan yo ékri' l sou sachè a. Marinen ji kokoyé a, zanmand lan. Mélanjé épi ajouté kanèl, yon ti pinsé po sitwon grajé avek sel pou fè'l gou. Mété bannann fri yo kom kouvèti sou MannaPack Rice la.

BANANA BREAKFAST PORRIDGE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 4 cups milk
- 4 cups water
- 2 bananas
- ½ cup sugar
- ½ cup dried fruit

INSTRUCTIONS

Bring water, milk, sugar and dried fruit to a boil. Add MannaPack Rice and simmer for 30 minutes until MannaPack Rice is cooked. Consistency should be thick but still liquid. Mash bananas and add to porridge. Additional milk or water may be added to thin out.

LABOUYI BANNANN KOM TI DÉJÉNÉ

- 1 MannaPack Rice
- 4 vè lét
- 4 vè Dlo
- 2 fig mi
- ½ vè sik
- ½ vè fwi sèch

Mété Dlo a bouyi avek lét, sik e fwi sèch yo. Ajouté MannaPack Rice rédwi difé a pou 30 minit jiskaské diri a kwit. Nou préfére li pa twò épè, min yon ti jan likid. Krazé fig mi yo épi mété' l nan labouyi a. Ou Kapab ajouté let oswa dlo si ou ta vlé' l pi likid.

CASHEW CHICKEN & RICE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 250 grams chicken, cut into pieces
- 1 handful cashews, crushed
- 1 red pepper, chopped
- 2 cloves garlic, chopped
- ½ onion
- 6 cups water
- Salt to taste
- Cooking oil to coat pan

INSTRUCTIONS

Chop onions into thin strips and sauté with just enough oil to coat pan. Add garlic, red pepper, cashews and chicken. Cook until chicken is slightly browned. Add six cups of water and bring to a boil, then add MannaPack Rice. Reduce to a simmer and cook for 25-30 minutes or until rice is light and fluffy. Season with salt and pepper. Serve hot.

DIRI POUL AVEK NWA

- 1 MannaPack Rice
- 250 gram poul, koupé an mòso
- 1 ponyin nwa griyé raché
- 1 piman dous wouj, raché
- 2 tèt lay raché
- ½ zonyon
- 6 vè dlo
- Ajouté sél pou gou
- Lwil manjé pou grésé chodyè

Dékoupé zonyon an ti mòso Piti epi mété yon ti lwil chofé nan chodyè a, sote yo nan lwil la. Ajouté lay, piman dous, nwa yo avek poul la. Kwit li jiskaské poul la bay yon ti koulè mawon. Mété 6 vè dlo, fè li bouyi, épi ajouté MannaPack Rice la. Bésé difé a kité l kwit ant 25-30 minit jiskaské ou wè diri a byen lagé e grennin. Asézonnin l avek sel, Pwav. Sèvi li tou cho.

COW FEET & EGGS

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 12 hard boiled eggs
- 6 cups water
- 4 cow feet, cooked
- 2 garlic cloves, chopped
- 2 carrots, diced
- 1 cassava, diced
- ½ onion, chopped
- 1 handful peas

INSTRUCTIONS

Bring a pot of water to a boil. Add eggs and reduce to a simmer. Cook eggs for 16 minutes, then remove from heat, peel and set aside. Sautee onions, carrots, cassava and garlic together until translucent. Add six cups of water and bring to a boil, then add cooked meat from cow feet and MannaPack Rice. Reduce to a simmer and cook for 30 minutes or until rice is light and fluffy. Slice hard boiled eggs in half and place on top of MannaPack Rice.

PYÉ BÈF AK ZÉ

- 1 MannaPack Rice
- 12 zé bouyi
- 6 vè dlo
- 4 pyé bèf byen kwit
- 2 tèt lay raché
- 2 karòt, dékoupé
- 1 kasav, raché
- ½ zonyon, raché
- 1 Ponyen pwa vèt

Mété yon chodyè dlo bouyi. Ajouté zé yo épi diminyé difé a. Kité zé yo kwit pandan 16 minit, rétiré yo le' l fin kwit, kalé yo épi kité yo akoté. Soté zonyon yo, karót yo, kasav la avek lay la ansanm jiskaské li bay ou yon aspè kwit. Ajouté 6 vè dlo épi kité' l bouyi, épi mété pyé bèf kwit yo ak MannaPack Rice la. Diminyé difé a épi kité' l kwit pandan 30 minit, toufé li aprè pou diri a byen lagé. Koupé zé yo an dé mòso épi mété yo sou tet diri a.

CURRIED HERRING SOUP

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- Cooking oil to coat pan
- 6 ounces herring
- 4 garlic cloves, crushed
- 2 onions, chopped large
- 2 carrots, chopped large
- 4 pieces celery, chopped large
- 5 tomatoes, crushed
- 2 plantains, coin sliced
- 1 tablespoon curry powder
- 4 L broth or water
- Salt to taste

INSTRUCTIONS

Soak herring in water until unsalted, then remove bones. Heat oil in pan over medium heat. When oil is hot, add MannaPack Rice and onions, stirring until onions are translucent. Add garlic, celery, plantains and carrots. Cook over medium heat for five minutes. When lightly browned, add tomatoes and continue to stir for ten minutes. Add broth or water and bring to a boil. When boiling, add curry powder and herring. Season with salt to taste. Soup may be eaten immediately or chilled and eaten later. Finished product may be eaten alone or served with a spoonful of yogurt.

SOUP ARANSÒ AVEK JI KOKOYÉ

- 1 MannaPack Rice
- Lwil manjé pou grésé chodyè a
- 6 zons aransò
- 4 dan lay, pilé
- 2 zonyon, raché an mòso nòmàl
- 2 karot, raché an mòso nòmàl
- 4 ti branch séléri, raché nòmàl
- 5 tomat, krazé
- 2 bannann, dékoupé an rondèl
- 1 kiyè poud curry
- 4 lit broth ou dlo
- Ajouté sèl épi gouté'l

Mété aransò a tranpé nan dlo pou retiré sél la, après retiré zo yo. Fè lwil la chofé nan chodyè a mété difé a mwatyé. Lè lwil la byen cho, mété MannaPack Rice la avek zonyon yo, brasé'l jiskaské zonyon yo vini transparan. Ajouté lay la, séléri a, bannann nan avek karot yo. Kité difé a mwatyé épi kité'l kwit pandan 5 minit. Lè li bay koulè mawon, ajouté tomat yo epi kontinyé brasé'l pandan 10 minit. Ajouté broth a ou dlo kité'l bouyi, lè'l byen bouyi, mété poud curry a avek aransò a, ajouté sel si nésésè épi gouté'l. Ou ka bwè soup sa tou cho ou kité'l pou pita pou manjé fret. Si posib ou ka sèvi soup la avek yon kiyè yogurt.

DAUBE BURGERS

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2 L water
- 1 onion, diced
- 2 carrots, diced
- 2 pieces celery, diced
- 1 hard boiled egg, chopped
- Cooking oil to coat pan
- 2 cloves garlic, minced
- 175 g daube, cooked
- 1 cup flour
- 2 stems parsley, chopped
- Salt to taste

INSTRUCTIONS

Boil MannaPack Rice in water for 8-10 minutes, then drain. Sautee onion, carrots, celery and garlic. Add MannaPack Rice and cooked daube to pan. Sautee until hot. Remove from heat and let cool. When cool, add egg, flour and parsley. Mix well and form patties about the size and thickness of your palm. Pan fry both sides of patties in oil over medium heat. Serve with desired sauce with or without bread.

DOB BÈF KÒM BURGERS

- 1 MannaPack Rice
- 2 lit dlo
- 1 zonyon koupé
- 2 karot koupé
- 2 branch céleri raché
- 1 zé bouyi dékoupé
- Lwil manje pou grésé chodyè a
- 2 dan lay raché an ti mòso
- 175 g dòb bèf kwit
- 1 vè farin
- 2 branch pèsil raché
- Ajouté sel epi gouté'l

Bouyi MannaPack Rice la nan dlo pandan 8-10 minit, pasé'l nan paswa pou retiré dlo a. Sauté zonyon an, karòt la, séleri avek lay la. Ajouté dòb vyand bèf la avek MannaPack Rice nan yon chodyè. Soté jiskaské li cho.rétiré'l nan difé a epi kité'l fret. Lè li byen frét, ajouté zé a, farin avek pèsil. Melanjé'l byen épi pétri li sou fòm ak gwosè pla men ou. Aprè fri li nan yon chodyè,mété difé a nòmal. Lè ou fini ou ka sèvi'l Jan ou vlé avek ou San pen.

FRUIT "OATMEAL"

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1.5 L water
- 2 large pinches cinnamon
- 1 guava, chopped
- ½ cup honey
- 4 cups milk
- Salt to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package, only using 1.5 L of water. As MannaPack Rice is cooking, add ingredients, balancing sweetness according to fruit sugar content. Cook until liquid is absorbed and consistency is thick and falls nicely off the stirring spoon. Serve warm.

LABOUYI DIRI AVEK FWI

- 1 MannaPack Rice
- 1.5 lit dlo
- 2 pensé kanèl
- 1 gwayav raché
- ½ vè siwo myèl
- 4 vè lèt
- Sel pou gouté'l

Kwit MannaPack Rice la Jan li enskri sou sachè a, itilizé 1.5 lit dlo selman. Lè MannaPack Rice la kwit, ajouté tout Bagay, balansé sik la aprè le w fini ajouté fwi yo, paske fwi sa yo gentan gen sik tou Ladan yo. Kwit jiskaské dlo a sèch fok li épè lè ou mété kiyè fok li glisé nan kiyè a. Sèvi'l cho.

HAITIAN VEGETABLE FRIED RICE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1.5 L water
- ¼ head cabbage, sliced
- 2 carrots, diced
- 1 large scoop kidney bean puree, cooked
- 4 cloves garlic, sliced thin
- Cooking oil to coat pan
- 6 fried eggs
- Salt to taste
- Spicy paprika to taste

INSTRUCTIONS

Combine MannaPack Rice, kidney bean puree and water. Cook until rice is tender, then drain. Fry cabbage, carrots and garlic until tender. When tender, add MannaPack Rice and continue to fry to desired doneness. Season with salt and paprika to taste. Serve with fried eggs.

DIRI FRI AVEK LÉGIM FASON AYISYEN

- 1MannaPack Rice
- 1.5 lit dlo
- ¼ tet chou dékoupé
- 2 karot raché
- 1 Gwo louch sòs pwa blan kwit
- 4 dan lay koupé an ti mòso
- Lwil manjé pou grésé chodyè a
- 6 zé fri
- Sel pou gouté'l
- Épis paprika épi gouté'l

Melanjé MannaPack Rice la, sòs pwa blan an avek dlo. Kwit li jiskaské diri a lagé, aprè pasé'l nan paswa. Fri chou a, karot avek lay jiskaské li mou. Aprè ajouté MannaPack Rice la, kontinye fri yo jis nan pwen ké ou Renmen li a. Ajouté sel, paprika épi gouté'l. Sèvi li avek zé fri a.

PATTY

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 cup mung beans
- 2 eggs
- Flour as needed
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 cassava, cubed
- 10 cups water

INSTRUCTIONS

Cook mung beans in four cups of water for 45 minutes, drain and set aside. Sautee onions and ginger in oil until tender. Add six cups of water, MannaPack Rice and cassava. Reduce to a simmer and cook for 30 minutes or until rice is cooked and cassava is tender. Allow to cool slightly and add drained mung beans. Using the back of a spoon, lightly break up cassava and mung beans until they become paste-like. Beat eggs and add to mixture. Mixture should form together without flour, but flour may be used if mixture is too wet. Mixture should be easily workable and not stick to fingers. Lightly pan fry patties until golden brown. Serve with greens or on bread to make a sandwich.

ESPESYAL PATÉ

- 1 MannaPack Rice
- 1 vè mung beans (ou pwa vèt)
- 2 zé
- Farin si ou gen bezwen
- 1 zonyon raché
- 2 dan lay raché
- 1 kasav nan fòm kib

Mété pwa a kwit nan 4 vè dlo pandan 45 minit, koulé' l epi mété' l sou koté. Soté zonyon an avek jenjanb nan lwil kité' l byen fri. Ajouté 6 vè dlo, mété MannaPack Rice la ansanm ak kasav la. Diminyé difé a mwyaté kité' diri a avek kasav la byen lagé. Aprè kité' l rafrédi épi mété pwa a itilizé do kiyè a pou ou krazé pwa vèt la avek kasav la fok li byen pétri. Kasé zé yo épi bat yo, vidé' l pou yo byen mélanjé, pa ajouté farin, li sipozé pa kapab kolé nan dwet ou, min si li parèt kolé ou kapab ajouté farin jiskaské li nòmàl. Préparé l nan fòm rondèl épi byen fri li pou li bay yon koulè lò. Sèvi li lè' l fini avek fey vèt ou avek pen kom sandwich.

SCOTCH EGG

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2 eggs
- 1 handful red beans, cooked
- Flour as needed
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 cassava, cubed
- 8 hard boiled eggs
- 6 cups water

INSTRUCTIONS

Bring a small pot of water to a boil. Add eggs and reduce to a simmer. Cook eggs for 16 minutes, then remove from heat, peel and set aside. Sauté onions and ginger in oil until tender. Add six cups of water, MannaPack Rice and cassava. Reduce to a simmer and cook for 30 minutes or until rice is cooked and cassava is tender. Allow to cool slightly, then add drained red beans. Using the back of a spoon, lightly break up cassava and red beans until they become paste-like. Beat eggs and add to mixture. Mixture should form together without flour, but flour may be used if mixture is too wet. Mixture should be easily workable and not stick to fingers. Take a handful of wet mixture and separate into two halves. Make indents and place hard boiled egg into half of mixture. Use other half to cover egg completely. Repeat with remaining eggs. Shallow fry or bake until warm.

“SCOTCH”

- 1 MannaPack Rice
- 2 zé
- 1 ponyin pwa wouj kwit
- Farin si ou gen bezwen
- 1 zonyon raché
- 2 dan lay raché
- 1 kasav an kib
- 8 ze bouyi
- 6 vè dlo

Mété yon chodyè dlo bouyi. Ajouté zé yo épi diminyé difé a. Kité zé yo kwit pandan 16 minit, rétiré yo le' l fin kwit, kalé yo épi kité yo akoté. Sote zonyon yo avek jenjanb lan nan lwil jiskaské li bay ou yon aspè kwit. Ajouté 6 vè dlo, mété MannaPack Rice la avek kasav la, épi kité' l bouyi, Diminyé difé a épi kité' l kwit pandan 30 minit, toufé li aprè pou diri a, kasav la byen lagé. Aprè kité' l rafrédi épi mété pwa wouj la. Itilizé do kiyè a pou ou krazé pwa wouj la avek kasav la fok li byen pétri. Kasé zé yo épi bat yo, vidé' l pou yo byen mélanjé, pa ajouté farin, li sipozé pa kapab kolé nan dwet ou, min si li parèt kolé ou kapab ajouté farin jiskaské li nòmàl. Mété yon kantité melanj sa a andan yon mòso zé bouyi a, itilizé lot mwatyé a pou kouvri' l. Kontinyé avek tout rès zé yo. Lè yo paré ou kapab fri zé sa yo ou mété yo nan fou pou kwit jiskaské li byen cho.

TAMALES

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1.5 cups water
- 2 caps full cooking oil
- 1 onion, chopped
- 2 handfuls chickpeas, cooked
- 2 tomatoes, chopped
- 2 cloves garlic, chopped
- 250 g chicken, chopped
- 1 handful spinach
- 3 hard boiled eggs
- 12 banana leaves

INSTRUCTIONS

Bring a small pot of water to a boil. Add eggs and reduce to a simmer. Cook eggs for 16 minutes, remove from heat and set aside. Sauté onion, garlic, chickpeas, chopped tomatoes, spinach and chicken together using water to deglaze. Stew until chicken is cooked and tender. Allow mixture to cool slightly and using a fork, break down chicken into small strands. Chop hard boiled eggs, incorporate into mixture and set aside. Add MannaPack Rice and blend into a fine powder. In a bowl, mix powder, 1.5 cups of water, oil and a pinch of salt. MannaPack Rice mixture should come together and be slightly moist and not dry. To make tamales, place a small handful of MannaPack Rice mixture onto a banana leaf and flatten with the palm of your hand. Add a spoonful of chicken mixture to the center, cover completely with MannaPack Rice mixture and enclose in banana leaf. Repeat with remaining mixture. Steam for 20 minutes, allow to cool and serve.

TAMALES

- 1 MannaPack Rice
- 1.5 vè dlo
- 2 bouchon lwil manjé
- 1 zonyon raché
- 2 ponyin chickpeas kwit
- 2 tomat raché
- 2 dan lay raché
- 250 g poul raché
- 1 ponyin épina
- 3 zé bouyi
- 12 féy bannann

Mété yon chodyè dlo bouyi. Ajouté zé yo épi diminyé difé a. Kité zé yo kwit pandan 16 minit, rétiré yo le' l fin kwit, kalé yo épi kité yo akoté. Sote zonyon yo, lay, chickpeas, tomat raché, épina avek poul la ansanm, ou kapab mété dlo pou dilyé'l. Brasé jiskaské poul la byen kwit.

Kité mélanj lan frèt, itilizé yon fouchèt pou fè poul krazé tou piti tankou pat. Raché zé yo épi mélanjé yo ansanm. Krazé MannaPack Rice tankou farin. Itilizé yon bòl, mété poud la, 1.5 vè dlo, lwil avek yon pinsé sel. Melanjé tout sa yo ansanm pou li parèt mouyé, li pa dwé sèch.

Pou komansé tamales la, mété yon ti ponyin men MannaPack Rice melanjé a nan fey bannann lan, fè li plat avek pla men ou, mete yon kiyè poul la nan mitan melanje mannack Rice sa a épi kouvri'l byen avek rès MannaPack Rice la. Vlopé li avek fey bannann lan. Kontinyé avek rès yo

Lè ou fini toufé li pou sèlman 20 minit. Sèvi li lè li frèt.

VEGETABLE PORRIDGE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- ¼ head cabbage, sliced
- 2 carrots, diced
- 3 pieces celery, diced
- 2 plantains, boiled
- Cinnamon to taste
- Cooking oil to coat pan
- Salt to taste
- 2 L water

INSTRUCTIONS

Boil plantains in .5 L water until tender, then add 1.5 L water and MannaPack Rice. Boil for five minutes and reduce to a simmer. Add all vegetables and cook on low heat until vegetables are just tender and MannaPack Rice is cooked. Season with cinnamon to taste.

SOUP AVEK LÉGIM

- 1 MannaPack Rice
- ¼ tet chou dékoupé
- 2 karot koupé
- 3 branch séleri dékoupé
- 2 bannann bouyi
- Ajouté kanèl pou gou
- Lwil manjé pou grese chodyè a
- Sel pou gou
- 2 lit dlo

Bouyi bannann yo nan 5 lit dlo jis lè li kwit, épi ajouté 1.5 lit dlo avek MannaPack Rice. Kité'l bouyi pou 5 minit épi diminyé difé a pou li byen kwit. Ajouté tout Légim yo jiskaské yo kwit avek diri a. Asezonnen'l ak kanèl épi verifyé gou li.

CHICKEN SOUP

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- Cooking oil to coat pan
- 4 cloves garlic, crushed
- 2 onions, chopped large
- 2 carrots, chopped large
- 4 pieces celery, chopped large
- 5 tomatoes, crushed
- 500 g chicken, diced
- 1 hot chili (optional)
- 4 L broth or water
- 2 yams, diced
- 2 handfuls callaloo or spinach
- Salt to taste

INSTRUCTIONS

Heat oil in pan over medium heat. When oil is hot, add onions, chicken and garlic, stirring until onions are translucent. Add yams, celery and carrots and cook on medium heat for five minutes or until lightly browned. Add tomatoes and callaloo or spinach, stirring for ten minutes, then add broth or water and bring to a boil. Cook for 30 minutes. Add MannaPack Rice and cook for 20 minutes or until tender. Finished product may be eaten immediately or chilled and eaten later.

GOAT DUMPLINGS

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2 large potatoes
- 500 g goat meat, chopped and braised
- 1 handful herbs, chopped
- 1 onion, diced small
- 400 g flour
- 2 eggs
- 250 mL water
- 2 caps full cooking oil
- ½ cap full salt

INSTRUCTIONS

Dough: In a bowl, beat two eggs. Add oil and water and mix. In a separate bowl, mix flour and salt. Gradually incorporate eggs, oil and water until dough forms. Knead dough until smooth and elastic. Cover and let sit for 15 minutes.

Filling: Sauté onion until translucent. Add MannaPack Rice and toast for one minute. Add 1.5 L of water, bring to a boil, cover and simmer for 20 minutes. Allow to cool.

Peel potatoes, quarter and place in cold, salted water. Bring to a simmer and cook for 20 minutes or until tender. Drain and mash.

Mix potatoes, MannaPack Rice, goat and chopped herbs together and season with salt and pepper to taste.

Roll out a thin layer of dough and use a small cup to cut into circles. Fill dough with a spoonful of filling per serving. Wet edges and seal to make dumplings. Cook in boiling water until they float. Serve with sautéed onion or in chicken soup.

PASTRIES

MANNAPACK™ RICE



INGREDIENTS

- 600 g flour
- 330 g cold butter, diced
- 3 caps full curry powder
- 3 caps full turmeric
- 8-12 caps full cold water
- 1 MannaPack Rice
- 1 carrot, diced
- 3 pieces celery, diced
- 1 onion, diced
- 2 handfuls spinach, cooked and chopped

INSTRUCTIONS

Mix butter, turmeric, curry powder and cold water until a flaky dough forms. Let sit for 30 minutes. Knead dough until smooth, roll out a thin layer of dough and use a small cup to cut into circles.

Cook MannaPack Rice as instructed on package and add onions, celery, carrot and spinach. Let cool.

Fill dough with a spoonful of filling per serving. Seal to make pastries. Bake or fry in oil until golden brown and warm in the center. Serve with desired sauce or salsa.



FMSC
Caribbean
RECIPES

MANNAPACK™ POTATO-W RECIPES



MANNAPACK™ POTATO-W

INSTRUCTIONS



Combine contents of package with
1250 mL of boiled or potable water.



Stir.



Allow to cool, as needed.
Makes twelve 120 mL servings.
Add more or less water
to vary consistency.

POTATO & COD CAKES

MANNAPACK™ POTATO-W



INGREDIENTS

- 1 MannaPack Potato-W
- 500 g cod or white fish
- 1 onion, diced
- 2 cloves garlic, minced
- 4 sprigs cilantro, chopped
- 1 cup flour
- 3 cups water
- 2 eggs

INSTRUCTIONS

Cut cod into two cm chunks. Sautee onion and garlic until tender. Add cod and cook until firm. Break up fish into smaller flakes. Make MannaPack Potato-W using only enough water to form dough. Add fish and onion mixture to dough. Beat eggs and mix into dough with chopped parsley. Add enough flour to make malleable dough. Form cakes to desired size and brown both sides in pan. Serve warm.

TORTAS DE PATATA Y BACALAO

- 1 paquete de Papa-W MannaPack
- 17 oz de bacalao o pescado blanco
- 1 cebolla, cortada en cubitos
- 2 dientes de ajo picados
- 4 ramitas de cilantro, picadas
- 1 taza de harina
- 3 tazas de agua
- 2 huevos

Corte el bacalao en trozos de dos cm. Saltee la cebolla y el ajo hasta que estén tiernos. Agregue el bacalao y cocine hasta que esté firme. Corte el bacalao en pedacitos más pequeños. Haga el paquete de Papa-W MannaPack usando solo agua suficiente para formar la masa. Agregue la mezcla de bacalao o pescado y cebolla a la masa. Bata los huevos y mezcle en la masa con el perejil picado. Agregue suficiente harina para hacer masa manejable. Forme tortas al tamaño deseado y dore ambos lados en la sartén. Sirva caliente.

POTATO HABICHUELA

MANNAPACK™ POTATO-W



INGREDIENTS

- 1 MannaPack Potato-W
- 1 sweet potato, peeled and cubed
- 1 cup red beans, cooked
- 1 pinch cinnamon
- 1 pinch nutmeg
- 2 cups coconut milk
- ½ cup honey
- 1 pinch salt
- 2 L water

INSTRUCTIONS

Boil water, cook sweet potato until tender and set aside. Cook MannaPack Potato-W as instructed on package and thin out with water to a porridge consistency. Crush beans into liquid and mix with MannaPack Potato-W. Add coconut milk, honey, cinnamon, nutmeg and salt. Additional water may be added as needed. Place sweet potato on top and serve warm.

PAPAS HABICHUELA

- 1 paquete de Papa-W MannaPack
- 1 batata, pelada y cortada en cubos
- 1 taza de habichuelas rojas, cocidas
- 1 pizca de canela
- 1 nuez moscada molida
- 2 tazas de leche de coco
- ½ taza de miel
- 1 pizca de sal
- 2 litros de agua

Hierva el agua, cocine la batata hasta que esté tierna y reserve. Cocine la Papa-W MannaPack como se indica en el paquete y diluya con agua hasta obtener una consistencia de avena. Machaque las habichuelas en líquido y mezcle con la Papa-W MannaPack. Agregue la leche de coco, la miel, la canela, la nuez moscada y la sal. Se puede agregar agua adicional según sea necesario. Coloque la batata encima y sirva caliente.

POTATO SOUP

MANNAPACK™ POTATO-W



INGREDIENTS

- 1 MannaPack Potato-W
- 1 onion, diced
- 3 pieces celery, diced
- 2 carrots, diced
- 4 sprigs parsley
- ½ cup yogurt
- 3 L water
- 1 cup milk

INSTRUCTIONS

Sautee onion, celery, carrots and garlic until tender. Add water, milk and MannaPack Potato-W. Mix until well incorporated and a soup consistency. Serve with yogurt and parsley.

SOPA DE PAPAS

- 1 paquete de Papa-W MannaPack
- 1 cebolla, cortada en cubitos
- 3 piezas de apio, cortadas en cubitos
- 2 zanahorias, cortadas en cubitos
- 4 ramitas de perejil
- ½ taza de yogurt
- 3 litros de agua
- 1 taza de leche

Saltee la cebolla, el apio, las zanahorias y el ajo hasta que estén tiernos. Agregue el agua, la leche y la Papa-W MannaPack. Mezcle hasta que esté bien incorporado y una consistencia de sopa. Sirva con yogurt y perejil.

BAKED POTATO ACCRA

MANNAPACK™ POTATO-W



INGREDIENTS

- 1 MannaPack Potato-W
- 1 onion, diced
- 2 cloves garlic, minced
- 1 green pepper, diced
- 1 sweet potato, shredded
- 4 sprigs parsley, chopped
- 4 caps full flour
- 3 cups water
- Salt to taste
- Pepper to taste

INSTRUCTIONS

Sautee onion, garlic and green pepper until soft. Set aside and allow to cool. Add enough water to MannaPack Potato-W to form stiff dough. Add vegetables, sweet potato, flour and parsley. Season with salt and pepper to taste. Coat a baking dish with oil and fill with no more than five cm of MannaPack Potato-W mixture. Bake for 20 minutes or until golden brown. Serve warm.

AKRA AVEK POTATO-W

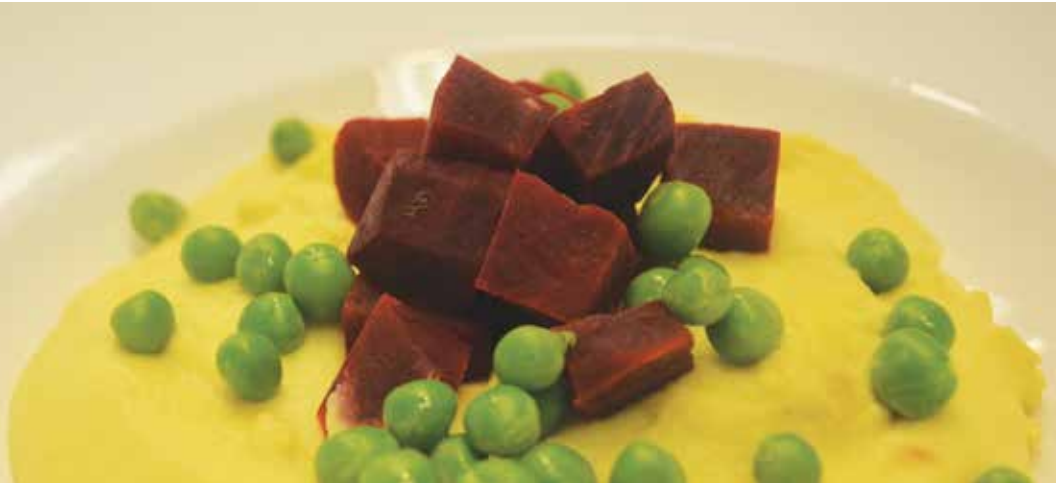
- 1 MannaPack Potato-w
- 1 zonyon koupé
- 2 dan lay raché tou Piti
- 1 piman dous raché
- 1 patate dékoupé
- 4 branch pèsi raché
- 4 vè farin
- 3 vè dlo
- Mété sel pou gou
- Mété pwav pou gou

Soté zonyon an, lay la avek piman dous la jiskaské li vini mou. Kité'l sou koté pou li frèt. Ajouté asé dlo nan MannaPack Potato-w a pouf è'l tankou yon pat. Ajouté Légim, patat la, farin avek pèsil yo. Asézonnen avek sel, pwav épi gouté'l. Grésé yon plato épi plen li pou rivé 5 cm MannaPack Potato-w melanjé a. Mété li nan fou pandan 20 minit jiskaské li bay koulè mawon.

Sèvi li pa two cho.

MASHED POTATO WITH BEETS & PEAS

MANNAPACK™ POTATO-W



INGREDIENTS

- 1 MannaPack Potato-W
- 5 cups water
- 2 beets
- 1 handful green peas
- ½ cup milk

INSTRUCTIONS

Boil beets until tender, cool and cube. Cook MannaPack Potato-W as instructed on package. Add beets and peas and mix with milk to desired consistency. Season with salt to taste.

PIRÉ PÒM DE TÈ AVÈK BÈTRAV, PWA VÈT

- 1 MannaPack Potato-w
- 5 vè dlo
- 2 bètrav
- 1 ponyen pwa vèt
- ½ vè lèt

Bouyi bètrav la jiskaské mou kité'l frèt épi dékoupé an kib. Kwit MannaPack Potato-w Jan li ékri sou sachè a. Ajouté bètrav avek pwa vèt la mélanjé avek lèt la, si ou vlé li épè se yon chwa.

Asézonnen avek sel pou ou gouté.

POTATO PORRIDGE WITH PLANTAINS

MANNAPACK™ POTATO-W



INGREDIENTS

- 1 MannaPack Potato-W
- 4 plantains, coin sliced
- 2 star anise
- 2 cinnamon sticks
- 250 mL honey
- 1 cup milk
- 2 L water

INSTRUCTIONS

Bring 2 L of water to a simmer. Add plantains, cinnamon and star anise. Cook plantains for 15 minutes or until tender. Fold in MannaPack Potato-W until incorporated. Add honey, milk and water as needed for a porridge consistency. Remove star anise and cinnamon. Serve warm.

LABOUI PÒM DE TÈ AVEK BANNANN

- 1 MannaPack Potato-w
- 4 bannann dékoupé
- 2 tet anyétwalé
- 2 baton kanèl
- 250 ml siwo myèl
- 1 vè lèt
- 2 lit dlo

Mété 2 L dlo bouyi. Ajouté bannann yo, kanèl avek anyétwalé a. Kwit bannann lan pandan 15 minit jiskaské li byen lagé. Brasé MannaPack Potato-w a avek lot yo. Ajouté siwo myèl, lèt avek dlo si ou ta vlé labouyi a pi likid. Retiré kanèl yo avek anyétwalé a. Sèvi li pandan li tyèd.



FEED MY STARVING CHILDREN

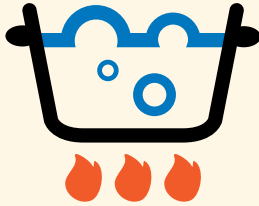


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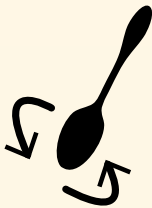
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RECIPES

MANNAPACK™ POTATO-D

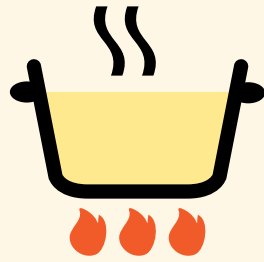
INSTRUCTIONS



Add contents of package to
1 l of boiled or potable water.



Stir.



Allow to cool, as needed.
Makes twelve 120 ml servings.

CONCLUDING THOUGHTS FROM CHEF



There are times in life when you have to make a choice: the choice either to accept what you have and be comfortable and content in your place, or to break out on an adventure, take a risk and accept a challenge. By choosing the latter, you give life your all and know that you could make a difference in the life of a person who goes on to change the world. Nowhere have I been tested on my fundamentals and principles as they pertain to my life's philosophy as much as in Tijuana, Mexico, where I stumbled upon a group of people truly dedicated to the betterment of the less fortunate. This group supports over 60 orphanages throughout Tijuana alone by facilitating the procurement of goods such as medical supplies, produce and most importantly, MannaPack™ products. In our work with MannaPack™ products, we discovered that they were underutilized, and if I could offer my experience from living in developing countries, coupled with a lifetime career in culinary arts, we could make a difference and create positive change.

They say in life we know not when or why opportunity comes, but we can be sure that it will. I reached out to Feed My Starving Children and pitched a plan, one that would give people options to take the nutrition that MannaPack™ products provide and transform it into different meals using locally sourced, nutrient dense and affordable ingredients. Our belief as chefs is that access to healthy food is, at its very basic fundamentals, the most important human right. Food has become seemingly more so a privilege, and our aim is to help even the playing field as best we can by collaborating with Feed My Starving Children and its partners to eliminate hunger. While hungry is a word many of us often use, starving is one most of us will never know. We are blessed to have the opportunity to work with such an amazing team of driven givers who answered the door and said yes. With them, we will depart from the routine, normal and comfortable to take a leap of faith into the unknown and give of ourselves to those most in need.

– *Chef Matthew Beaudin*

CHEF BIOGRAPHY



• Chef Matthew Beaudin •

After earning his associate degree in culinary arts from the Culinary Institute of America, Matthew Beaudin fiercely pursued his passion for cooking by working around the globe, holding chef positions in the Caribbean, China, the West Indies and Rwanda as well as each geographical food region within the United States. He began his commitment to sustainability and culinary education during his work in the village of Musanze, Rwanda, and maintains strong ties with the community through his School for the Arts (The Volcano Arts Studio). Matthew has run kitchens at jungle base camps, on private islands and at restaurants perched 10,000 feet up the side of a volcano.

Influenced by his travels, Matthew has honed his techniques and expertise back home in the United States at such prestigious five-star, five-diamond properties as the Omni Mount Washington Resort in Bretton Woods, New Hampshire; The

Broadmoor Hotel in Colorado Springs, Colorado and The Ritz-Carlton in Sarasota, Florida and is currently the Executive Chef of the Monterey Bay Aquarium. His experiences have enabled him to acquire a well-rounded palate, mixing his global travels with modern American cuisine deeply rooted in farm-to-table principles and the ever increasing importance of food with a future.

In addition to the daily demands of his position as the Executive Chef at the Monterey Bay Aquarium, Chef Matthew finds joy and fulfillment in traveling to Mexico where he has the honor and privilege of working with children at local orphanages, such as Casa Eunime, as well as the School for the Deaf. He is also currently working with municipal operations to improve the nutritional opportunities and quality of life for these children.



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