



Dine for Hope

Date of Event: Saturday October 26th, 2019

Project Hope: A Health and Education Initiative (Go Project Hope) is committed to providing aid to refugees who are displaced, living in refugee camps, awaiting resettlement or returning to their homeland. Go Project Hope provides health, education, living improvement and mindful initiatives that serve children and families during this challenging time. We have collaborated with various aid agencies and NGO'S in the past years to improve the safety, health and education of refugees through various projects and campaigns initiated in the refugee camps.

The mission of **Dine for Hope** is to break bread and bring people together for a common cause. The focus this year will be the Comic Care comic book. Comic Care is an educational comic book tool designed to encompass the whole child, body, mind and soul. It engages refugee children 5 years old and up on the health hazards of living in a densely populated and overcrowded refugee camp. Using smart graphics with bold characters Comic Care teaches children a life lesson in every episode in a colorful and fun way. Each story embraces topics like stress and how to use mindful initiatives, yoga and breathing techniques to relieve the anxiety a child may have from the stresses of fleeing their home and living in a crowded camp. Other lessons the comic book aims to teach are safety, handwashing, lice and scabies prevention.

The comic book will be distributed to newly admitted refugee families as a prevention measure and to the children currently living in refugee camps in an informal educational classroom setting. The comic book will be translated in Arabic, French, Spanish, Farsi and Pashtu but can be easily translated in other languages depending on the population.

Venue: Earth n Us Farm 7630 NE 1st Ave, Miami, FL 33138 (nestled in the Little Haiti neighborhood).

Donation: \$25.00 per child \$50 per adult

The Menu:

Vegetarian Lunch Menu: will encompass an array of Middle Eastern dishes that highlight olive season and the richness of the Middle Eastern culture.

***Our bread offering:** on the table is Pita bread, Zeit (olive oil) and Zaatar (ground thyme, oregano, marjoram, sesame seeds and various spices), the olive oil is from the city of Elbireh, Palestine, 2018 harvest.

Mezze is a selection of small dishes served at the beginning of a multi-course meal. You can find Mezze throughout the Eastern Mediterranean areas and the Middle East.

*Hummus dip garnished with Sumac and olive oil (throughout the Middle East)

*Babaghanooj eggplant dip garnished with Sumac and olive oil (throughout the Middle East)

*Labneh garnished with Zaatar and olive oil (Greece and throughout the Middle East)

*Middle Eastern chopped salad with Tahini dressing will accompany the Mujaddara

Entre:

***Mujaddara** an Arabic word for “pockmarked” the lentils in the rice resembles pockmarks. The dish dates to 1226 by a cookbook compiled by Al-Baghdadi in Iraq. Mujaddara is a medieval Arab dish known as the poor man’s dish because the dish contains no meat and obtains its protein with the lentils in the dish. Mujaddara is considered a staple in the Middle Eastern diet and is made in countless ways throughout the Middle East. The version being served is the Palestinian version.

Dessert:

***Mahallebi** a traditional Middle Eastern dessert dating back to Ottoman times. It is a milk-based pudding chilled and topped with sweet simple syrup and pistachios.

Activities:

*A history and introduction to the farms mission and a tour of the grounds will be offered to the guests prior to the meal.

*Olive oil tasting/sale of olive oil

***New Scheduled activities for the children include:**

Animal Yoga

Story Time, 2 options are Lost and found cat & The sandwich swap

Art Time, after the story time children can draw and color