

Creating Non-perishable Layered Soup Mixes

This shows how to make 25 mixes of Layered Soup. If your group would like to make more, the supply list remains the same; only the quantity of ingredients, copies of recipes and baggies would increase.

This is a wonderful activity for both children and adults. To maximize impact of the activity consider providing tastes of the prepared soup and a quick lesson on food pantries and healthy food drives.

View this Nurture video for more information about conducting a healthy food drive:

<http://www.youtube.com/watch?v=eWA29iWcASs>

Here is a very simple lesson on Healthy Food Drives:

<http://www.nurtureyourfamily.org/wp-content/uploads/POP-Lesson-Healthy-Food-Drives.pdf>



Recipe: Layered Soup Mix

English <http://www.nurtureyourfamily.org/wp-content/uploads/Layered-Soup.pdf>

Spanish <http://www.nurtureyourfamily.org/wp-content/uploads/Layered-Soup-SPANISH.pdf>

Supplies Needed:

8 small bowls to hold spices	Three 1 Tablespoon measures	Broom and dustpan
1 medium bowl for bouillon	Five 1 teaspoon measures	Packing tape
4 large bowls for grains, etc	Four ½ cup measuring cups	Paper towels
Bins for completed mixes	One ½ teaspoon measure	Signs for ingredients
Recycling bins for packaging	12 butter knives for leveling ingredients	Hand sanitizer or hand washing station
Garbage cans		

Ingredients Needed for 25 Soup Mixes:

6 pounds brown rice	1 ounce Parsley	25 copies of recipe
6 pounds barley	1.65 ounce Oregano	28 sandwich self seal baggies
6 pounds lentils	2.03 ounces Basil	28 quart self seal baggies
6 pounds split peas	2.7 ounces Garlic Powder	
50 extra large chicken bouillon cubes	2.5 ounces Black Pepper	Optional:
2.4 ounces Paprika	1.1 ounces Thyme	Prepared Layered Soup
2 ounces Dried Mustard	2.3 ounces Onion Powder	Tasting cups, spoons, Napkins

Setting Up the Assembly Line:

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| 1. Wash hands or use hand sanitizer | 5. Recipes folded into quarters |
| 2. Sandwich sized baggies | 6. Quart Sized Baggies |
| 3. Bouillons in medium sized bowl with garbage can close by for wrappers | 7. Rice, barley, lentils, split peas each in a large bowl with ½ cup measure |
| 4. Place each spice in a small bowl with appropriate measure and sign. Keep any extra spice behind the bowl for easy refilling | |

Working through the Assembly Line:

- Clean hands.
- Unwrap two bouillons and put in sandwich-sized baggie placing wrappers in garbage can.
- Add level scoops of all spices to sandwich-sized baggie and seal well, minimizing air in baggie.
- Put spice baggie and recipe in quart-sized baggie.
- Add level scoops of rice, barley, lentils, split peas to quart-sized baggie. Seal well, minimizing air in baggie.
- Put completed soup mix in collection bin.