

# Missions to Mexico

## Cooking & Eating While in Mexico

Cost of food is not covered in your group fees. A furnished kitchen and dining hall is provided for you to prepare your meals. Meal prep can be very easy if you consider the following options:

1. Most groups have each person bring their favorite box of cold cereal for the week in Mexico. Milk and fruit can be brought with you, or purchased here in Mexico. This provides a quick, healthy breakfast with little cost and work. We should also mention that it is best to purchase your main groceries in the States before crossing the border. Things like milk, bread and fruit can be purchased in Mexico if you like.

2. We provide an option (highly recommended) of eating the Sunday evening meal and the noon meals at the church you will be serving at (Sunday - Thursday). They are tasty meals that will be prepared and served by the women of the church. We will prep the church so that meals are traditional, healthy, and prepared with the utmost care in cleanliness. This also is a wonderful way to save time (you won't have to return back to the base between work time and VBS. Sometimes you might be 30 min. or more from the ministry base). It also saves money, and lets you get to know the people and culture of Mexico. It's a popular hit among all groups (you will be hard pressed to buy and cook a meal for less than the recommended donation). We recommend a minimum donation of \$3.50 per person per meal for this option. This amount also includes enough money so the Mexicans who are ministering with you can eat with you as well.

If you choose the option of eating at the church where you'll be serving at, the schedule would look like the following:

Sunday Evening - Dinner

Monday - Lunch

Tuesday - Lunch

Wednesday - Lunch

Thursday - Lunch

3. Also, many groups like to eat out several times during the week which cuts down on meal prep too. There are very tasty, inexpensive places to eat here. Fish tacos and Carne Asada are among the most popular. Each cost about one dollar per taco.

4. The remainder of the meals can be prepared at the base. The facilities are very accommodating (two stoves, refrigerator, freezer, large work areas, large serving bar & more). An option to consider if you don't have a cook, is to designate a kitchen and meal coordinator to oversee the meals and kitchen. Divide the group into food teams and allow them to plan the meals (with the oversight of the kitchen and meal coordinator). If you like, meals can even be pre-cooked in the States and then prepared in Mexico. Make sure you have healthy meals as you will be exerting extra energy while on your trip.

Your kitchen should have all the pots and pans you'll need. It will also have two refrigerators, a freezer, two stoves, coffee pots, microwave, and other misc. items. If you plan on having special meals that are out of the ordinary, you might want to bring along some of your own utensils. You might plan meals for a few extra people as sometimes Mexicans might be present and would be honored to eat with you. Also, we as missionaries find it very helpful to be able to eat with the groups as well. Our schedules are very

busy while your group is here and we find virtually no time for preparing our own meals (just for some lunches and/or dinners). It also provides us with a time of fellowship with your group. **We recommend bringing disposable paper plates, bowls and cups for eating. This will save you a lot of time and work.**

### **Suggested shopping list for items other than food**

Our hope is that while you're on the ministry base with us in Mexico, you feel at home. Our mindset is that, "Mi casa es tu casa" (My house is your house). We don't operate like a hotel service, we basically loan you the base during your time here. Taking this in mind, here's a suggested shopping list for your time while in Mexico. It is best to purchase main items in the States before crossing the border (costs are less and selection is better). Please consult the website for a recommended shopping center close to the border.

<http://www.gomissionstomexico.com/food4lessshopping.html> Items like fruit, bread, and milk can be purchased locally if you wish.

### **Cleaning Items**

Several liquid hand soaps  
1 small bottle dishwashing liquid  
Scrubber pads for pots and pans

### **Paper & Plastic Items**

Small bathroom trash bags (10 gallon)  
Large trash bags (30 -40 gallon)  
Toilet paper  
Paper towels (bring plenty)  
Napkins  
Paper plates (**we recommend using paper plates, bowls, cups & etc. this cuts down on work & time**)  
Paper bowls  
Paper cups  
Baby wipes for cleaning hands after V.B.S. and etc. (put in vans)

### **First Aid Kit & Medicines to carry with you in your vehicles** (We also have first aid kits on the base for your use)

Hand lotion  
Neosporin  
Hydrogen peroxide  
Tylenol  
Imodium AD

### **What about purified drinking water in Mexico?**

We have 5 gallon bottles for your use while in Mexico. These bottles can be filled with purified water at all grocery stores for about 80 cents each. It will be your group's privilege to purchase your own water. Be sure to involve your younger ones so they see how life is in a third world country. There is no need to bring purified water with you as the purified water is readily available and safe.