



FAMILY OUTING

We are so blessed by God to have so much food from which to choose and to be well fed! Take a trip to a local supermarket. As you go through the grocery aisles, name foods by categories (such as fruits, vegetables, and meats) or by flavors (like salty and sweet). Look at the variety of colors and shapes. Thank God for all the wonderful food He gives us to eat.



FAMILY CREATIONS

Read 1 Kings 17:7-16. Talk about the food God gave to the woman—flour and oil. Use flour to make some modeling dough. Combine 4 cups of flour, $\frac{1}{4}$ cup powdered tempera paint, and $\frac{1}{4}$ cup salt. Mix together $1\frac{1}{2}$ cups water and 1 tablespoon oil; then gradually stir the water and oil mixture into the flour mix. Knead the dough as you add the liquid. Add more water if too stiff, more flour if sticky. Then have fun forming food shapes from the dough you have prepared. (Note: For an edible dough, you can mix together 1 cup peanut butter, 1 cup powdered milk, 1 cup honey, and 1 cup oatmeal!)



LOOK IN THE BOOK

Read together this week's Bible story from 1 Kings 17:7-16. Remember, **We can trust God to provide what we need.**