



## High-Impact, Low-Intensity Nutrition Outreach

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## Traditional Health Ministry

- Host an event that happens 4 nights a week for 4-6 weeks
- Professionals do the presentations or use videos/DVDs
- This event interrupts the life of the church...
- When it is over we breathe a collective "Whew!"
- Evaluate its success on the basis of baptisms!


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## Free Time Status Has Changed


- 20-40 years ago people had more free time
- A program that convenes 20+ times in 4-6 weeks excludes a majority of people
- Attract primarily the retired, unemployed, and socially unique
- There are exceptions, but they are rare!

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"It is through the social relations that Christianity comes in contact with the world...Social power, sanctified by the Spirit of Christ, must be improved in bringing souls to the Saviour." MH 496

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## An Increasing Challenge Today

- Too often we wear out the organizers and presenters of our programs...
- AND we wear out the attendees OR limit those who come regularly
- Worst of all, we significantly reduce our long-term influence in the community.


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## Not Rocket Science!

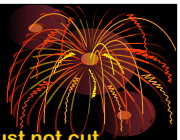
- Occasional, intense programs generate and drop interests
- Friendship formation requires steady, continual personal contact and effort
- Need to heed Divine Counsel:

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“While we should ever be ready to follow the opening providence of God, we should lay no larger plans in places where our work is represented, nor occupy more ground than there is help and means to bind off the work well. Surface plowing means a limited, scattered harvest. Keep up and increase the interest already started, until the cloud moves, then follow it.” Ev. 80.1


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“After arousing an interest, we must not cut these meetings short, pulling down the tents, leaving the people to think that the meeting is over, just at the time when hundreds are becoming interested. It is just then that the greatest good may be accomplished by faithful, earnest work. The meetings must be so managed that the public interest shall be maintained.” Ev 82.2

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## Advantages of Low-Intensity Programs



- Continual influence in the community from month-to-month
- Tends not wear out the talent pool of church members
- Maximizes the church/community interface when done properly
- Can be conducted in any church regardless of talent mix

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## The Look of a Low-Intensity Program



- **Held on a regular schedule**
  - Once per month for 10-11 months per year
  - Once per week for 6-9 weeks each semester with a summer break
- **Sensitive to the occasional community event**
- **Provides a variety of topics over time**
- **Has committed local leadership**
- **Focus is on “how to” not “ought to”**

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## Essential Ingredients



1. Careful planning bathed in prayer!
2. A simple meal served at each program
3. A short food demonstration
4. Interesting health presentations
  - a. Video
  - b. Local talent
  - c. Guest
5. Relevant devotional & prayer
6. Monthly notification/reminder


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## Church Goals




1. Sustainable excellence
2. Accurate and balanced presentation of healthful living
3. Focus is on building friendships
4. Leads community to develop confidence in our church
5. Begin small and grow as the Lord opens the resources and opportunities

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"I have been informed by my guide that not only should those who believe the truth practice health reform, but they should also teach it diligently to others; for it will be an agency through which the truth can be presented to the attention of unbelievers. They will reason that if we have such sound ideas in regard to health and temperance, there must be something in our religious belief that is worth investigation. If we backslide in health reform we shall lose much of our influence with the outside world." Evangelism, p. 514

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"Cooking schools should be established and house-to-house instruction should be given in the art of cooking wholesome food . . . Wherever the truth is presented, the people are to be taught how to prepare food in a simple, yet appetizing way." Evangelism, p. 526

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"Some should labor from house to house, giving instruction in the art of cooking wholesome foods. Many, many will be rescued from physical, mental and moral degeneracy through the influence of health reform. These principals will commend themselves to those who are seeking for light; and such will advance from this to receive the full truth for this time." Evangelism, p. 528

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"In almost every community there are large numbers who will not listen to the teaching of God's Word or attend any religious service. If these are reached by the gospel, it must be carried to their homes. Often the relief of their physical needs is the only avenue by which they can be approached." CH 388

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"When connected with other lines of gospel effort, medical missionary work is a most effective instrument by which the ground is prepared for the sowing of the seeds of truth, and the instrument also by which the harvest is reaped." MM 240

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"The medical missionary work should be a part of the work of every church in our land. Disconnected from the local church it would soon become a strange medley of disorganized atoms." 6T 289

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**"Every church should be a training school for Christian workers. . . There should be schools of health, cooking schools and classes in various lines of Christian help work. There should not only be teaching but actual work under experienced instructors." MH 148-49**



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### **Principles for Successful Cooking Schools -- 1**

- 1.** Prayer & preparation
- 2.** Content in harmony with divine counsel
- 3.** Scientifically accurate
- 4.** Balanced
- 5.** Practical: emphasis on cooking
- 6.** Be flexible, use tact & discretion



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### **Ingredients for a Successful Cooking School -- 2**

- 7.** Consistent: practice what you preach!
- 8.** Make it fun! Use humor when appropriate.
- 9.** Sell only education.
- 10.** Primarily use local, available foods.
- 11.** Remember: change is progressive!



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### **Ingredients for a Successful Cooking School -- 3**

- 12.** Don't be afraid to say: "I don't know."
- 13.** Plan ways of building relationships.
- 14.** Focus on facilitating family changes.
- 15.** Use a comprehensive approach.
- 16.** Get help! Don't do it alone.



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**Christ's method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed sympathy for them, ministered to their needs, and won their confidence. Then He bade them, "Follow me." MH 143**




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