

COW PATTY RECIPE

½ cup butter
4 Tbsp. unsweetened cocoa powder
½ cup milk
2 cups sugar
1/8 tsp. salt
3 cups quick cooking oats
½ cup crunchy peanut butter
1 tsp. vanilla extract

Mix butter, cocoa, sugar, milk and salt together in a saucepan. Boil for 1 minute. Stir in oats, peanut butter and vanilla. Drop by tablespoonfuls onto waxed paper. Let cool and harden.

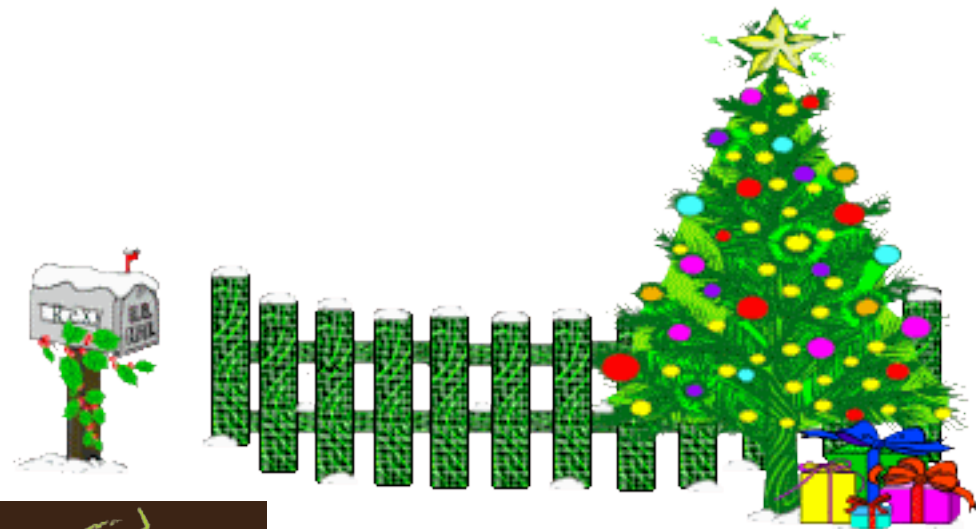


BGR TO GO kids

connecting kids in need with kids who care



The Christmas season is here, and you only have a few more weeks of school before you are out for the holidays! You have probably already made your Christmas wish list and may have even done a little Christmas shopping for family and friends. Christmas is that time of year when giving seems to come easy. Just because you are not an adult doesn't mean you can't give something that will make a difference in the world. You CAN make a difference! Sit down with your family and check out our gift catalog (www.gobgr.org) under the "Partner" tab. Pick out something that your family can give this Christmas to help another family halfway around the world have a better life. It may be the most important gift you ever give. Merry Christmas from BGR!

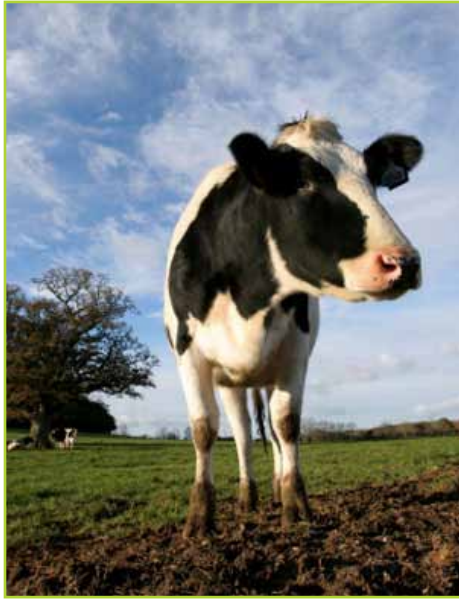


BGR kids

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THE GIFT OF A COW

How can the gift of a cow help a family come out of poverty? Why is it a good gift? When a family has a cow, there is milk for the children to drink every



morning. Milk protein transforms sick, malnourished children into healthy ones. A good cow can give up to seven gallons of milk every day! That is way too much milk for a family to drink, so they can sell the extra milk to pay for food, medicine, clothing and home improvements. Milk can also be made into butter, cheese and yogurt which can be sold in the market. Sometimes the cow can also be used to help the farmer plow his fields. Better yet, a healthy cow can produce a calf every year so this is a gift that keeps on giving. The BGR projects that involve the gift of a cow require that the calves are passed on to other families in need. Then they agree

to pass on their calves, and so on. Eventually an entire community can move from poverty to self-reliance! Now that's a gift worth giving!

INTERESTING FACTS ABOUT COWS:

1. A cow has one stomach that has four different sections.
2. Cows regurgitate their food and re-chew the cud to help digestion.
3. A cow spends up to 8 hours a day eating.
4. Cows can live up to 25 years. The oldest cow ever recorded was "Big Bertha". She died at the ripe old age of 48!
5. Cows eat 100 pounds of feed and drink a bathtub full of water every day.
6. It is possible to lead a cow upstairs but not downstairs, because a cow's knees can't bend properly to walk back down.
7. Cows can see almost 360° panoramic vision.
8. Cows have a keen sense of smell up to 5 miles away.

AN ACTIVITY YOU CAN DO:

Make butter! Place some heavy cream in a baby food jar. Screw the lid on tight and begin to shake the jar. The cream has little globs of fat and protein. When you shake the jar, you cause the fat and protein that are moving around in the cream to stick together. Keep shaking until it thickens (about 10 minutes). When you shake the jar, the little fat and protein globs in the cream hit each other and stick together, forming a larger and larger glob. The glob is butter! Spread the butter on crackers for a treat.



KIDS AT FBC MANCHESTER BUY A COW!

Recently my husband and I had the privilege of celebrating with the second and third graders at First Baptist Church, Manchester, TN. What were we celebrating? Well, these kids had been scrimping and saving to purchase a cow for a needy family. (For more information on how you can do that, visit our online catalog: www.gobgr.org.) The gift of a cow costs \$250! Imagine how hard these kids have been working to save that amount of money. They were so excited when we arrived, and had lots of questions: Where would we get the cow? How would we get the cow to the family? What if the cow got sick? So many questions! They were very concerned about this special cow that they had saved for and how it would make a difference to a needy family. My husband and I explained how the process would happen and how a cow could eventually help not just one family, but a whole community. To finish up the celebration, we were all served "cow patties" and milk! Yum, yum!



LOOK FOR THE RECIPE ON BACK!

