



Spread “Honor Breads” for the Troops

Spread the Bread



So, you're thinking about spreading bread or cookies to honor our soldiers overseas. GREAT! The Spread the Bread organization has aptly named breads that honor the work of our heroes, “honor breads.” They are baked and blessed with hope and gratitude from the bearer, and they usually have a wonderful card attached.

We'd like to share some of our know-how so you can send your baked gifts to a soldier quickly and freshly.

1. “Bake a Difference” with Honor Breads and Cookies

Soldiers love anything that reminds them of home sweet home, so what better gift to honor them with than homemade breads or cookies from the heart. This is also a great opportunity to “bake a difference” and have a conversation with your family or friends, while you are baking, about the world around us and the sacrifice that our soldiers make each and every day to secure our freedoms.

If you decide to bake cookies, find comfort in knowing that they stay fresh for a long time. You just have to think about the melting factor when deciding what kind of ingredients to add to your cookies. Peanut butter cookies and oatmeal raisins would be terrific and are very popular. When baking, you also might consider taking them from the oven just a minute or two early so that they stay fresher even longer.

If you decide to bake breads, you'll need to think about what kind of bread would stay freshest the longest. Therefore, you might consider baking banana breads or fruit breads that are higher in fat. You also might consider using mini loaves so that you can send more loaves and they are easier to pack. (more on that later)

An incredible couple, Albert and Barbara Davis from Florida, have spent their retirement baking banana breads for our troops. They spent months figuring out the perfect bread recipe that would hold together and stay fresh. Here's their amazing banana bread recipe:

Davises' Banana Bread for the Troops Recipe

Preheat oven to 350 degrees

Yield: 3 loaves (Aluminum pan size: Approximately 8" long by 3" deep.)

INGREDIENTS:

- 4 Medium Bananas (spotted, not rotted)**
- 1 Cup Sugar**
- 1/2 Cup Crisco or Wesson Pure Vegetable Oil**
- 2 Extra Large Eggs**
- 1 Teaspoon Vanilla**

- 2 Cups All Purpose Flour**
- 1 & 1/2 Teaspoon Baking Soda**
- 1/8 Teaspoon Salt**
- 1 Cups whole shelled Walnuts**

METHOD:

Grease pans or line with foil.

Mix with mixer (do not use blender): Mix Bananas until blended together. Add: Sugar, Oil, Eggs and Vanilla. Beat at medium speed until thoroughly blended.

Sift together: Flour, Baking Soda and Salt. Fold into Banana mixture and mix thoroughly until ingredients are completely blended together.

Stir in nuts.

Pour mixture into greased or lined loaf pans.

Bake 40 minutes or until bread tests done.

Wrap in Reynolds wrap to either keep fresh or to freeze.

2. Pack Your Honor Breads and Cookies

Experience has taught us that breads should be wrapped in Reynolds wrap and the breads should be baked in aluminum baking tins. For cookies it is best to use fold-top sandwich bags-not zip-lock bags. Put 6 cookies front to back in the bags and twist-tie them.

Be generous with your packing material which can be Styrofoam peanuts, bubble wrap, plastic grocery bags, or shredded paper. Nest the cookies and breads in the packing material. With careful packing, you can get 5 dozen cookies and about 6 mini loaves (maybe more..). Once the box is full, shake it to ensure that nothing is moving. Add more packing if necessary, especially in the corners. Make sure that all boxes are securely taped. Seal all edges of the box.

Don't forget add your note, poem artwork, pictures or your personal touch, thanking them for their service to the country. These notes have proven to be true treasures and are around after the bread or cookies are gone. Also, in your note, feel free to ask them for names and addresses of other soldiers, especially those who get little/no mail. That way we can all spread more bread and cookies!

Consider put a sticker on the bottom of each loaf/cookie package that says the following:

Spread the Bread
is a bread-giving campaign to help kids get into
the spirit of giving and to spread good will to our heroes and those in need.
This loaf was baked by (add information)
For more information, contact info@spreadthebread.org

*Please be aware that this bread contains
(nuts/ dairy products/wheat...or whatever other allergens might be included)*

The sticker serves the multiple purpose of warning people about allergy precautions, letting them know the origin of the bread and who to contact if they feel the need. It also gets the word out about Spread the Bread.

3. Ship Your Honor Breads and Cookies

It take 10-14 days for a package to go Priority from US to Iraq. But we have heard that many packages make it to Iraq and to Afghanistan in as little as 4 days! Priority Mail is the packaging of choice!!!!

All you have to do is call the USPS Expedited Package Supply Center at 1-800-610-8734 and request delivery of the Military Care Kit. For absolutely no charge, you'll receive two Priority Mail boxes, six Priority Mail Flat Rate boxes, eight Priority Mail labels, one roll of Priority Mail tape and eight customs forms with envelopes. Once the boxes are packed full of the goodies of your choice, they can be sent to any APO/FPO in the world, regardless of the weight, for only \$8.10.

Dimensions for Priority Mail Box-4: 7 x 7 x 6 (in inches)

Dimensions for Priority Mail Box-7: 12 x 12 x 8 (in inches)

Dimensions for the Mili-Pac: 12 x 15 (in inches) (Tyvek envelope)

All care packages must be addressed to INDIVIDUAL SERVICE MEMBERS as per the Department of Defense. The Mili-Pac features detailed addressing information and it is encouraged that that process is followed for all mail destined for military units overseas. The address block on the Mili-Pac includes Service member full name; Rank or rating; Military organization or unit; APO/FPO.

A customs form is required. A detailed description of contents is required on the customs form. Do not list items such as "food," "medicine," "toiletries," "gifts," or other general terminology. The contents of APO/FPO mail follow International mailing requirements. Flammables, corrosives, toxins and other dangerous goods are not permitted.

On this custom form 2976-A there is a space asking what you want to happen to the box if your soldier is not available. I check "abandon." Also write in, "Do not return." Your postal employees will assist you in filling out the form if necessary. I suggest you have your box ready for shipment before you get to the Post Office.

We suggest sending the breads and cookies using the Flat Rate Box #1 which measures 11x8-1/2x5-1/2" and costs \$8.10. For group requests, we use the # 7 Box which measures 12x12x8". The boxes are charged according to weight and FPO/APO. These "Priority Mail" boxes, the customs forms (I use 2976-A) and pre-printed return address labels come in units of 25 and are available at no charge. Simply go to the [USPS website](http://www.usps.com) or call 1-800-222-1811. These supplies will be delivered to you at no charge. For only a few boxes and customs forms, visit your local Post Office.

Please remember, you must have the name and address of a specific soldier or the package will not be delivered. Do you need the name or address of a soldier serving overseas? Visit: www.anysoldier.com



What is Anysoldier.com? [Sergeant Brian Horn](#) from LaPlata, Maryland, an Army Infantry Soldier with the 173rd Airborne Brigade was in the Kirkuk area of [Iraq](#) when he started the idea of Any Soldier® to help care for his soldiers. He agreed to distribute packages that came to him with "Attn: Any Soldier" in his address to soldiers who didn't get mail. [Brian](#) later completed a tour in [Afghanistan](#) and is now home, but AnySoldier.com continues larger than ever.

Any Soldier Inc. started in August 2003 as a simple family effort to help the soldiers in one Army unit, thus our name. Due to overwhelming requests, on 1 January 2004 the Any Soldier® effort was expanded to include any member, of any of the Armed Forces in harms way. The site now helps 116, 336 service members with 3,803 military contacts.

All addresses and names are on this website—contacting a soldier is now a click away.....

Here's an e-mail from a soldier March 30, 2007, requesting cookies and giving thanks...

30 Mar 2

007:

Hello, my name is PFC DesRochers and I am here representing a few of my company, although all but one are unaware of me even doing this. We are from HSC 864th ECB (H), based out of Washington State. We are currently located in Afghanistan and we have arrived here roughly about a month ago, and have most of a year ahead of us. Our unit is currently deployed to work on reconstruction, construction, and humanitarian missions to help locals and other units. As for things I am requesting, please no meltables during May through August as it gets rather warm here during the summer, however things like [cookies](#), hard candies, gum, [Sunflower Seeds](#), donuts, pies, etc. will always go over very good with soldiers.... On behalf of anyone who receives your items, I thank you greatly, and everything is appreciated down to the smallest items. Nothing is too small or petty for a soldier to receive; even a small item when unexpected can brighten a soldier's attitude.

Please...spread the word and tell others to “bake a difference” for our soldiers.

**Let us pray that our men and women
return home to us safe and sound.**

