

Spread the Bread presents:

Spread the Biscuits: “Bake a Difference” for Animals



For years, the Spread the Bread organization has encouraged our world to bake bread for others, honoring our heroes and helping those in need. Then one day a young baker with a big heart said, “Why can’t we bake bread to honor our animal heroes and help animals in need?” So we cooked up **Spread the Biscuits**, a unique and fun opportunity to get back into the kitchen and whip up some tasty treats for animals!

The most important thing to know about creating your own Spread the Biscuits campaign is the idea behind the Spread the Bread program. It was begun as a way to involve kids in charitable giving at an early age so that they would see it as a way of life. Eventually this idea evolved into a mission statement:

Spread the Bread is a national grassroots organization whose mission is to nurture children's innate generosity with the goal of sparking a life-long commitment to helping others. Children are provided with opportunities to practice volunteerism by baking bread and offering it to their heroes and those in need, such as seniors, shelter residents and food pantry consumers. Adults are supported in their efforts to teach children about the importance of charitable giving and community participation. Bread recipients are given a homemade loaf of bread and the message that they have been remembered. For bakers and recipients, “bread-spreading” promotes respect for the importance and dignity of each member of society.

You can see from the original mission statement, the Spread the Biscuits program is a natural extension of this mission, geared towards our animal friends.

The great thing about this program is that you can make it your own. You decide what biscuits to bake, which animal/s you’ll honor or help and just where your bread philanthropy will be delivered. We do know that the more you involve people in your project, the more they’ll feel like it’s theirs, too. There’s a role for anyone who wants to be a part of it – whether it’s organizing, baking, delivering, etc. We just encourage you to invite kids and families to be involved in whatever way they can. Also, you can make a difference with just a few dozen biscuits. You don’t have to worry about running a huge biscuit drive.

The following tells you how we’ve made it work, but you don’t have to do exactly as we’ve done or suggest. If some other plan works better for your group, that’s fine. Make it your own!

1. Buddy up.

Ask your youth group if they’d be interested in helping organize this project. It’s always more fun to have a “brotherhood” and “sisterhood” in dough.

Go to <http://groups.yahoo.com/group/spreadthebread> Sign in to the group and check the files for ideas, recipes, etc. Also, when you are done with your project, please share your success stories with the group. Questions? Just ask the group. Ideas? Please share.

2. Who could use some animal “bread”?

Are there animals in your neighborhood that have done something above and beyond—maybe in your eyes they are an “animal hero”?

Animals can help humans in many ways:

- Eyes for those who are blind (dogs and miniature horses)
- Ears for those who can not hear
- Hands for those who are mobility impaired (Capuchin monkeys are especially adept at this)
- Dogs, pigs and miniature horses pull wheelchairs
- Search and rescue animals
- Trained dogs with sensitive noses to sniff out bombs, illegal drugs, and other contraband.
- Companion animals provide emotional support for people in hospices, hospitals, and other situations in which loneliness and lack of stimulation are continual problems
- Companion animals help those with autism connect with the world (parrots are especially good for this)
- Dogs trained to alert their masters their blood sugar has dropped or they are about to have a seizure
- Dogs trained to detect the early stages of some cancers through their sense of smell
- Therapy cats can help humans lower their blood pressure and reduce stress by creating a calming environment when stroked

You can also call local animal shelters, animal hospitals, and pet adoption centers. Think about how many biscuits you think you and your helpers can produce so you can offer a realistic guess to the receiving organization. When you call, tell them that you would like to donate the homemade biscuits and ask whom the best person is to talk to about this. Write down the contact person’s name and number so you have it handy in the future. Ask when a good time would be to drop off the bread gifts.

3. Spread the word!

Make up a flyer asking people to help or to promote your project. Tell them what you want to do and when you need baked treats. Make sure that people know they don’t have to be master chefs, producing the perfect biscuit.

Posting flyers around town is a good start. But you’ll likely get more bakers if you involve organizations, Girl and Boy Scout troops, day care centers, etc. You can also put up sandwich boards in high-traffic areas around town. And definitely call the local paper and tell them what you want to do. They are always looking for human/animal interest stories. At a minimum, put a notice in the calendar and volunteer sections of the paper.

4. Bakers start your ovens...

Dogs, cats, and other domestic animals LOVE biscuits. However, it is preferable not to feed them the same biscuits that we love, because of the sugar factor. To maintain a healthy animal sugar and salt should be negligible as far as their in take is concerned.

Here is one **simple** dog biscuit recipe to try out in your kitchen. There are more recipes on our website and in our Yahoo Bread Group, www.spreadthebread.org

Bow-**Wow** Biscuits

Ingredients:

- Whole wheat
- Yeast that is nutritional
- Baking powder
- Baking soda
- Slight salt
- Milk, preferably skimmed milk

The procedure:

Mix the whole wheat, yeast, baking powder and baking soda, as well as the salt together. Then add the milk, kneading the mixture to prepare the dough to be baked. Once you have a fluffy dough ready roll it out flat and cut into smaller pieces. Place these pieces of the dough into the baking dish. Put it in the oven for about twenty minutes, setting it at 450 degree Fahrenheit.

Tasty variations:

In case you want to treat your dog to something delicious, better than the plain lot of biscuits then you can add to the mixture some peanut butter or cheese.

So.....mix up a double (triple, quadruple) batch of your favorite animal recipe and start baking.

Remember that animals have different taste buds than we do. Stay away from anything sweet-- According to the American Veterinary Medical Association, these foods are not safe for pets:

- Alcoholic beverages
- Chocolate (bakers, semi-sweet, milk chocolate)
- Coffee (ground, beans, chocolate-covered espresso beans)
- Moldy or spoiled foods
- Onions and onion powder
- Garlic and garlic powder...
- Macadamia nuts
- Raisins and grapes
- Avocado
- Hops (used in home brewing)
- Fatty foods
- Bones
- Milk
- Raw eggs
- Raw or undercooked meat
- Products containing the sweetener xylitol■

After your mix is ready for the oven, then it's time to decide how your biscuits should look, both on the baking tray and in the bag!! You can use neat animal cookie cutters to make fun designs. You can also decide just how to package your special treats. Maybe you'll use lunch bags, small boxes or some other way to deliver your message of appreciation and love. Think of these treats as very special presents. Notes, poetry and quotes are great, as are bows, gift bags, colored plastic wrap, wrapping paper, small toys, doilies – anything that makes your biscuits look special, and will make those who receive them feel special. Get others to help.

5. Bake a difference.

As you bake your yummy animal treats, talk about who will receive these gifts and why you think it's important to be generous and kind to animals.

Did you know about **Be Kind to Animals Week**?

May 6 - 12, 2007

The American Humane Association created Be Kind to Animals Week in 1915 to celebrate the unique bond between humans and animals. Every year, animal shelters throughout the country hold special events during this special week to raise awareness about Being Kind to Animals, and to teach people about the amazing role animals play in our lives. Be Kind to Animals Week is a great time to promote our nation's animal welfare organizations and to encourage everyone to get involved to make a difference for animals.

Want to join in the Be Kind to Animals Week celebration?

For ideas, go to

http://www.americanhumane.org/site/PageServer?pagename=ev_public_bkaw

6. Collect and prepare.

If you are involving your community, think about the most convenient place and time for people to bring their bread treats. Big plastic buckets with lids that say "Spread the Biscuits" on them by the front door will make it easy for people to make donations. Otherwise, you can ask people to drop the treats off at a specific location/home. Make sure there is a clearly marked place to put them where animals can't get at them – buckets with snap on lids work well.

Put a sticker on the bottom of each loaf that says the following:

Spread the Biscuits is a program sponsored by Spread the Bread,
a community bread-giving campaign to help kids get into
the spirit of giving and to spread good will to those in need.
This special animal treat was baked by (add information)
For more information, contact info@spreadthebread.org
www.spreadthebread.org

Please be aware that these biscuits are homemade

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.



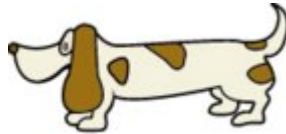
7. Stand and deliver.

Involve your bakers and animal lovers – big and little – as much as possible in delivering the treats. It's great for them to see where their generosity is going, and often the recipients appreciate the chance to say thanks, especially animals!!!

8. Count your blessings!

Keep track of how many biscuits you baked and collected and the places to which you donated them. Make sure to send a public letter to the newspaper thanking bakers for their work and telling them how many loaves were collected. Sometimes the recipients also want to write letters of thanks and these can go to the newspaper as well, if you like. This serves to get more people interested for the next time.

The Spread the Bread group would like you would tell them how your Spread the Biscuits project went. We LOVE pictures too: info@spreadthebread.org Keeping track of all the bread-spreading is a big job, but it would be great to be able to say one day that hundreds of communities spread millions of loaves and biscuits of cheer!



Here are a few resources for your animal biscuit philanthropy:

www.guidehorse.org
www.helpinghandsmonkeys.org
<http://neds.org>
<http://www.pawswithacause.org>
www.seeingeye.org
<http://www.canismajor.com/dog/srchresc.html>
<http://www.crime-scene-investigator.net/cadaverdogs.html>
www.petfinder.com
www.adionline.org
www.cci.org

**You can find some great dog, cat, bird, and horse biscuit recipes on these sites:
Banana Biscotti, Cat Chow Cookies, Horse Muffins and more...**

<http://www.thatsmyhome.com/general/doghouse/>
<http://animalsnackables.com>
www.hungrymutt.com
<http://www.all-natural-dog-treat.com/homemade-dog-treat-recipes.html>

Did you know....

Dog biscuits were invented accidentally in a London butcher shop during the late 1800s. According to the story, the shop's owner was trying to expand his business by creating a new biscuit recipe for his customers. After baking a batch, he tasted them and thought they were terrible. He gave one to his dog, and the dog gobbled it right up. This gave him the idea of making biscuits especially for dogs. He made his biscuits in the shape of a bone and they began to sell rapidly. In 1908, his recipe was bought by an American businessman who introduced it to the United States. The F.H. Bennett Biscuit company was established, and they began selling the dog biscuit under the name Malatoid. In 1911, the recipe was granted a patent. The name was changed to Milkbone in 1915 to reflect the fact that cow's milk was one of the main ingredients.

The Milkbone dog biscuit brand was then acquired by Nabisco Biscuit Company and it dominated the dog biscuit market until the late 1960s. In fact, during most of this time, it was the only commercially available dog biscuit. Initially, it was marketed as a treat for dogs, but eventually the health aspects such as cleaner teeth and better breath were promoted. In the early 1970s, a number of manufacturers came out with competing products. This competition has remained, resulting in hundreds of different dog biscuit products.

The primary ingredients in a dog biscuit recipe are carbohydrates, proteins, fats and oils, and fiber. These are combined with other ingredients that have a significant effect on the dog biscuit's final characteristics. The ingredients used for dog biscuits are specially tailored for dogs, and are chosen to be nutritious, easily digested, palatable, and economically feasible. While the materials have a high nutritional content, they are typically not as high quality as similar ingredients used in human food.

