

# **CATEGORY 4 RESOURCE DEVELOPMENT**

**Group ID 4-021**

## **PROJECT N.O.M**

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# ABSTRACT

Life's simple pleasures are often the most memorable and most endearing. There is an indescribable joy when the family can regularly come together and have a good sit down meal. Unfortunately, there are many families who for reasons of financial survival are denied the opportunity to create such moments and memories. Project N.O.M therefore is to give such opportunity to families who need them. There are lower-income families where the parent(s) works so hard, they have neither time nor energy to cook. Our project is to reach out to upper primary or lower secondary students from lower-income families where the parent(s) works so hard, they have neither time nor energy to cook. We hope to encourage them to start a family tradition of having a family meal at least once a week. We aim to do this by creating a learning resource in the form of recipes into a cookbook, creating cooking videos to allow these children to watch, and lastly to raise funds so that we can provide these children and their families with mini food hampers so that they can try cooking these meals themselves.

## 1 INTRODUCTION

### 1.1 Rationale

Many lower income families that do not even have enough daily balance to buy all three meals a day for their families. Some families even have a large number of people and even some families with only one adult supporting the entire family. With only one parent, he/she only has time to work and their children are often left to take care of themselves. These children often only have 1 or no meals a day as their parents are too busy at work, and they also have insufficient money. During our research, we were shocked to see that children had to resort to eating rice together with salt and water.

### 1.2 Objectives

- Improve the nutrition intake of these beneficiaries in lower-income families
- Encourage these beneficiaries to connect with their families better through these meals

- Bring about self esteem and self-confidence to these beneficiaries

### 1.3 Target Audience

Our Target Audience is upper primary and lower secondary students who come from lower income families, who are mature enough to learn self-independence while maintaining their safety in the kitchen.

### 1.4 Resources

Because the website already has all the recipes and instructional videos, we also decided to make an online cookbook. This would be good as children without internet can download the online cookbook pdf and view it without internet. Additionally, we could also print out the recipes from the cookbook for them if they do not have mobile devices. When we hold our cooking class in the future, we would also be giving them printed out sheets of recipes from this online cookbook for easier reference while cooking

1. Website
2. Cookbook
3. Cooking Videos

## 1. Website

# Pork Fried Rice

07/20/2021

Pork Fried Rice is simple yet delicious and easy to cook, a must try!



## INGREDIENTS

4 cups cooked white rice

Note: Best to use leftover or "overnight" rice kept in the fridge. It means rice that had been left overnight in the refrigerator so the rice grains are drier and have lost the moisture content. If you need to cook it fresh, make sure to add less water when cooking. Freshly cooked rice grains have too much moisture content and too starchy for stir fry. The rice will clump and stick together in lumps.

3 large eggs (lightly beaten)

220 grams ground pork

Note: you may use any other protein: chicken, beef or shrimp. You can use either one, or you can use a combination of any of them. You may also do vegetarian options with carrots, corns, green beans or any other vegetables available. It's totally up to you and what you like.

2 cloves garlic (minced)

2 spring onions (thinly sliced)

2 tbsp. vegetable oil, divided

1 teaspoon sesame oil

1 tbsp oyster sauce

2 tbsp soy sauce

1/2 teaspoon dark soy sauce

Ground black pepper

Salt to taste

— *For garnishing*

2 spring onions (thinly sliced)

Optional - chinese parsley or cilantro

## INSTRUCTIONS

1. Beat eggs in a bowl.
  2. Heat the wok and add in oil. Stir the oil around the wok before adding garlic.
  3. Add in eggs, scramble the eggs for 10 seconds. Push the eggs to the side of the wok.
  4. Add in pork, oyster sauce, and soy sauce.
  5. Stir fry until pork is almost cooked, add in the rice and stir well with the ingredients.
  6. Add in dark soy sauce and sesame oil. Continue stirring for a couple of minutes.
  7. Taste test to see if salt is needed.
  8. Add in spring onion, do a quick stir, dish out and serve hot.
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## 2. Cookbook

Life's simple pleasures Nutritious Outstanding Meals

# Chinese Dumplings



Homemade wonton soup, nourishing and hearty!  
Even though the dish looks intimidating to make, it is surprisingly easy once you try it out.

### INGREDIENTS

A packet of wonton skin

Note: One package can have 40 to 50 wrappers. Unused wonton wrappers can be refrigerated for about 1 week. We highly recommend making a big batch of wontons and freezing them for wonton soup anytime the mood strikes.

In a small bowl, add 1 tablespoon of cornstarch mixed with 1 tablespoon of water to form a paste (this is for sealing the wrapping later)

— **Dumpling filling (amount listed here makes about 8 dumplings)**

125 gm minced pork (ground pork)

5-6 prawns / shrimp (roughly chopped chunks)

2 Shallots or a onion (finely chopped - 1.5 tablespoon)

1/2 teaspoon soya sauce

1/2 teaspoon oyster sauce

1/5 teaspoon salt (just a pinch)

1 teaspoon sesame oil

1 teaspoon cornstarch

A dash of white pepper

— **For garnishing**

Spring onions / scallions - finely chopped

### INSTRUCTIONS

- 1 Mix all the filling ingredients. Keep stirring the mixture in one direction to break the meat to make it less tough.
- 2 Once done, you can scoop a small bit of the mixture, either fry or put into the microwave for taste test to ensure it is tasty enough. Do not eat raw. Add extra sauce or salt if needed to your liking.
- 3 Now, you are ready to wrap your dumplings. Use a spoon to scoop filling on the dumpling skin. Brush some cornstarch water with your finger on the edges of the wonton skin. Fold to seal, pressing to seal. Make sure that the skin are all stuck and no fillings were exposed.
- 4 Place the wontons on a baking sheet or plate lined with parchment paper, and make sure they are not touching (this will prevent sticking).
- 5 To cook: Bring a pot of water to boil. Carefully add the dumplings one at a time to the pot. Cook for 4 to 5 minutes or until they float. Once they're floating, boil them for another 1-2 minutes. Take care not to overcook them - mushy wontons are not nice! Note: Try not to put direct into the soup / broth to prevent the "flour" of the dumplings going into and change the taste of the soup. Remove with spoon straight into serving bowls. Pour the soup over the dumpling and garnish with spring onions. Serve!
- 6 To freeze: The dumplings can be made in advance and frozen for use later when needed. If you intend to freeze, put into freezer immediately once made. Freeze uncooked in airtight containers. Lay a plastic layer over each layer to stack dumplings to save space in the box. If they're touching, they'll stick together when frozen, making them very difficult/nearly impossible to separate for cooking! Cook from frozen for 7 to 8 minutes. Once they're floating, boil them for another 1-2 minutes.
- 7 To make the soup, heat your chicken cube stock to a simmer and add 2-3 teaspoons sesame oil to taste. You may also refer to our udon soup recipe.

### 3. Cooking Videos



## 2 REVIEW

Current resources such as the Dinner Table Project exist, although this project shares a similar goal as ours, to allow the beneficiaries to connect with their families better through a meal. However, their approach is different, instead of teaching these beneficiaries how to cook, they instead create table talks and newsletters in order to encourage families to connect better through a meal. Although their Project was successful in certain areas, but they mainly focused on families in general, while Project N.O.M focuses only on the lower income families in Singapore. This allows these families to get the support they need as well as to teach beneficiaries how to cook and bring them the much needed self esteem and confidence.

## 3 METHODOLOGY

### 3.1 Needs Analysis

As this was a sensitive topic, hence we could not carry out a survey. Instead, for our needs analysis, we interviewed key leaders from local charity organisations working in community outreach with needy families that suited our profile.

The organisations and key persons we interviewed are :

1. Ms Chan Choo Keng and Ms Joyce Lim, heads of community outreach, BLC Community Services which reaches out to needy families primarily in Joo Chiat and the East;
2. Rev Abel Lee, Executive Director, Careworks Community Services that reaches out to needy families in Little India and areas around Race Course Road; and
3. Mr Clement Ee, founder and head of LoveAid, which helps needy families in the MacPherson area and has a partnership with Geyland Methodist School (Secondary) and Cedar Primary.

Here are the interview question and responses.

1. What are some problems children in low income families face?
  - “Children have inadequate support.”
  - “They had to be more independent and learn how to do things on their own”
  - “Some parents are struggling with providing for their family”
  - “Because the parents usually have to work long hours, the children have to maybe cook their own food or buy their food”
2. Do you think our project can help solve some of the problems they face?
  - “Yeah I think one pot food idea is good, the food is nutritious, tasty, easy.”
  - “It would also be good if you can make it safe for young children.”
3. Is there anything important to take note during our project?
  - “Preserve their self esteem of the beneficiaries.”
  - “Don’t portray yourself as the hero”
  - “Don’t let them feel hopeless or that they need a lot of help.”



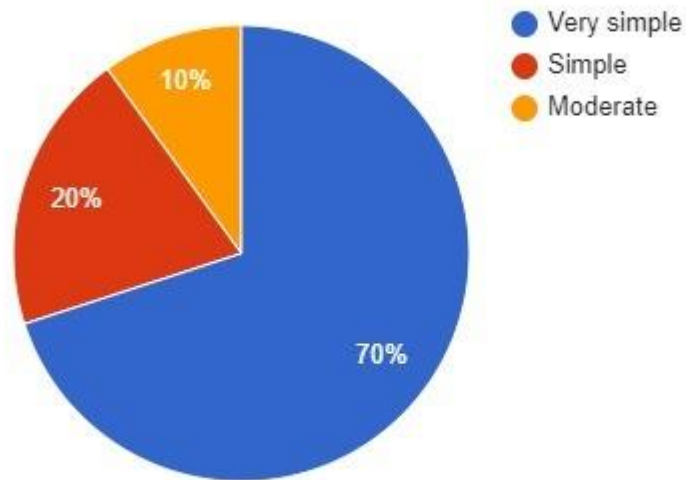
### 3.2 Development of Resources

Extensive readings of various literature from the internet. Multiple interviews were also conducted with members from charity organisations, Reverend Abel from Careworks, Mr Clemont from LoveAid as well as Ms Chan Choo Keng and Ms Joyce Lim, heads of community outreach, BLC Community Services in order to collect a richer source of information and advice. Cooking videos, a website as well as a cookbook was created in order to help our beneficiaries. A charity bakesale was also conducted, raising \$1000 in order to buy cooking hampers for these beneficiaries to encourage them to learn how to cook as well as to give them the opportunity to cook for their families.

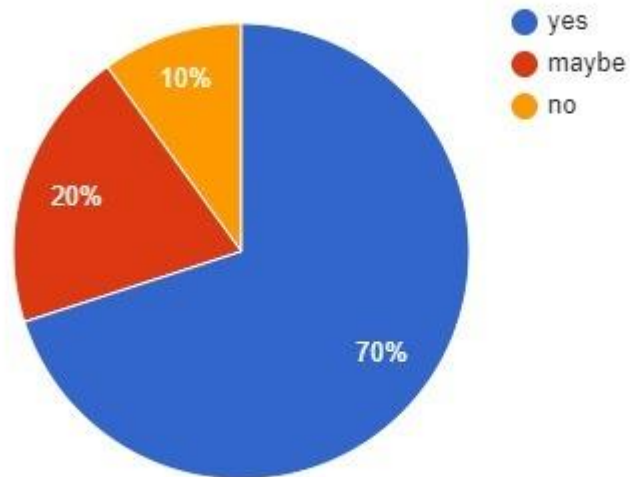
### 3.3 Pilot Test

A pilot test was conducted to see if children (Aged 11-14) with no prior cooking experience could cook these dishes. For this pilot test, due to covid restrictions, we could not test it with our beneficiaries from Geylang Methodist School (Secondary) as planned, however, we instead asked friends and family from the age group. From this pilot test, we received a very positive review and we were also given very important comments. One comment was that in the website, we should include a page which teaches the beneficiaries important cooking skills, such as cutting, etc.

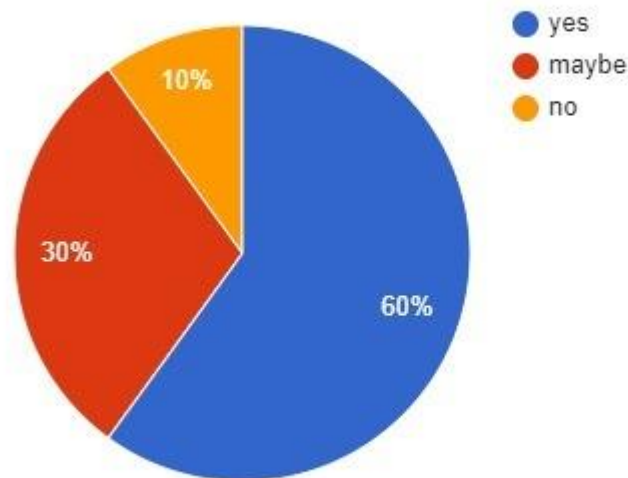
Do you think cooking the dishes are simple?



Will you recommend these recipes to a friend in a lower income family



Would you cook these dishes again for your family/yourself



## 4 OUTCOME AND DISCUSSION

The original outcomes for Project N.O.M were (i) creation of the recipe book; (ii) various cooking workshops with the children; and (iii) raising funds to allow each family to receive food supplies for a good home-cooked family meal every week for 6 months.

Outcome (i) was met, and we were able to create both a hardcopy recipe book (With pictures, as well as videos of the recipes being prepared. Limited feedback from classmates have told us that these resources are visually engaging, and easy to understand.

We were not able to achieve outcome (ii) due to the COVID-19 pandemic. However, we have contacted Geylang Methodist School (Secondary) and they are keen on this project. Geylang Methodist School (Secondary) has also asked to collaborate on this project with Dads for Life, which is active in the school. Geylang Methodist School (Secondary) has opened up their Home Economics facilities for these workshops to be conducted, subject to government regulations and health advisories at the time. However, given the present ongoing Covid restrictions, it will likely happen only in October.

We managed to raise S\$1,000/- for outcome (iii). However, due to continued concerns over the pandemic, we were advised and will instead channel these funds as cash vouchers and food packages to each of 5 needy families identified by LoveAid amongst the families they work with in Cedar Primary and Geylang Methodist School (Secondary).

## 5 CONCLUSION

This was a very fulfilling project for each of us. It was tiring, but the greatest regret was that due to the pandemic, we were not able to have the series of cooking workshops with the children before the project evaluation as we had initially planned and hence cannot share the outcome and results of these workshops. However, we are glad that we can still carry out these workshops with Geylang Methodist School (Secondary).

## 6 REFERENCES

### **Interview**

1. Ms Chan Choo Keng and Ms Joyce Lim, heads of community outreach, BLC Community Services, personal interview
2. Rev Abel Lee, Executive Director, Careworks Community Services, personal interview
3. Mr Clement Ee, founder and head of LoveAid, personal interview

### **Research**

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