

FOR GIRLS LIKE YOU

MARCH/APRIL 2023

YOU'VE
GOT
GREAT
TASTE
YOUR
favorite
foods and
their
scrumptious
stories!

OUR (DELICIOUS) FOOD ISSUE!

MasterChef Junior
CONTESTANT

Campbell

serves everything she
makes with

LOVE!

BAKE YOUR OWN
RESURRECTION
ROLLS
for Easter Morning!



EAT
it
UP!

AND A WHOLE LOT MORE
YUM inside...

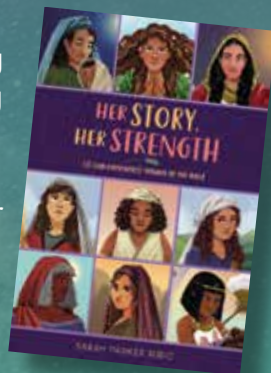


God has a
plan and
purpose for
EVERYONE -
including
YOU!

HER STORY. HER STRENGTH

50 GOD-EMPOWERED WOMEN OF THE BIBLE
SARAH PARKER RUBIO

God really loves women and girls! He wanted us to be strong, and to learn from the amazing women shared with us in the Bible. In this book, you'll learn about 50 stories of women throughout the Bible, some well-known, some lesser-known, but each one with a story and a valuable lesson teaching us about the heart of God. Each profile shines a light on each female hero who took daring risks and believed big promises, and how each one of you can be inspired to use your strength to do BIG things! What could your story be?



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FOR **GIRLS LIKE YOU**

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Roberta

When I was little,
my mom would
make me pancakes
shaped like a bunny.
I still use her recipe
and sometimes even
make myself a little
bunny for a happy
memory.

Andrea

Chipotle chickpea
tacos are a new
recipe my husband
made up. They're
especially amazing
with mac &
cheese!

Linsey

Betty Crocker homemade
chocolate chip cookies
are a special food to me
because not only are
they simply delicious,
but they are my go
to for cheering people
up, for thanking them,
for welcoming new
neighbors, or to enjoy
when we have
friends over.

Jamie

Pizza! When I was
growing up, my
family owned a
pizza shop and we
still liked it enough
to eat it even on
our days off!

Juliet

I don't know why,
but I just LOVE
artichokes! Growing
up we would dip
them in mayonnaise
and now as an adult
my husband makes
them with a lemon
sour cream dip.

Jillian

Sweet Potato Pie
Reminds me of
the holidays and
quality time with
family :)

hello **FRIEND**

FOOD FOR THOUGHT

For He satisfies the thirsty
and fills the hungry with
good things.
PSALM 107:9



I'm sure you've heard that saying, "You are what you eat!" Well, if that's the case, for this fun **FOOD** issue of **For Girls Like You**, we've discovered that we have a bunch of readers who are colorful, spicy, sweet, daring, sophisticated, and maybe even a little bit nutty!

Of course, what that really means is that what you feed your body with is what your body will use to "run" you! If you put in too much sugar, your body will make you jittery and scattered. Give it too little iron and your body will be tired and pale. If you feed it lots of fruit and veggies, your body will give you strength and a clear mind. Some people say eating things like fish and walnuts will make you smart! (There's probably a little studying you'll need to do too!)

In the Bible, food and eating is often used to describe who we are, who God is, and how to live out our faith...

Jesus is the bread of life.

You are the salt of the earth.

God's Word is "sweeter than honey to my mouth."

"Taste and see that the LORD is good!"

Our founder Wynter wrote about this: "A piece of fruit can taste so good and is good for you. But if it is rotten on the inside, it loses its flavor, and no one wants to eat it! It may sound weird, but God wants us to taste good! He wants us to be the "fruit of the Spirit" others will see in us and want to try! He created each of us beautiful on the outside, and He wants our insides to be full of His goodness for others to enjoy."

Food and faith are connected in so many ways—and in this issue you'll meet girls like you who have used their love of food and cooking to share their gifts with others—and live delicious fruit-of-the-Spirit-filled lives! And as we all read about each other's favorite foods and stories of family dishes we are reminded again of the promise in I Timothy 6:17: **"God richly gives us everything to enjoy!"**

Let's eat!

Your Friends at
FOR GIRLS LIKE YOU



Menu

THIS issue's specials

FOR GIRLS LIKE YOU

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The Secret Ingredient

Campbell Faulkner is an experienced cook—and even earned a spot as a contestant on *MasterChef Junior* when she was just 11 years old! But her favorite way to use her amazing chef skills is making delicious food for her family and friends and serving it up with **LOVE**.

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That Sounds YUMMY

Our readers share some of their favorite meals and recipes along with the stories that made them so special. And food faves! Check out everyone's three favorite things to eat. (Sushi and mac & cheese make a lot of lists!)

RESURRECTION ROLLS

A wonderful way to celebrate the Easter story. Try our recipe for this delicious treat!

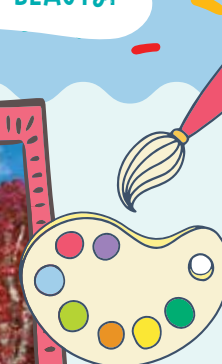
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SPrinkles

SPRINKLE JOY. SPRINKLE FUN. SPRINKLE BEAUTY.



TREE-MENDOUS!

I am home schooled, so I have a lot of spare time and in that spare time I craft! I like my painting of the trees because it reminds me of God's beautiful creation!

—Abby, 10



BORN TO CREATE

I love to draw, play basketball, play soccer, and knit. I play the ukulele and I love to sing. I also enjoy cooking and baking. My dad is a musician and a food blogger, and my mom is a graphic designer. I get my love for art, music and food from them. I am the youngest of five kids and have lived in three different states! This is a painting that I made while taking an online class with my mom.

—Millie-Jane, 10

WORDS FROM THE HEART

I am in 5th grade, and I have a heart for Jesus and sharing the gospel! I love to write, read and sing.

Itty Bitty Little Heart

Itty bitty little heart,
Be careful or you'll break apart.
Many guys will come and go,
But only one will truly love you so.

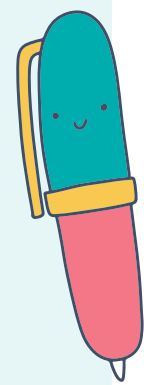
Save your golden kiss until it's time,
Soon the Lord will open your eyes.
Be careful with the guys you trust,
Some might leave you in the dust.

Don't rush into love for the fun of it,
Wait patiently for something to click.
Listen to your heart and listen to the Lord,
Tune out the devil, keep your mind pure.

Tears may fall, doors may close,
Listen to the Lord, for your future
He has chosen.

Itty bitty little heart,
Be careful or you'll break apart.

—Colbi, 11





LAYERS OF LOVE

One of my favorite foods is **LASAGNA!** I adore lasagna. It's DELICIOUS! There is a recipe that my grandmother (called Mammy) made. I never got to meet Mammy. She died a couple months before I was born, and I am named after her. Her name, Yvonne, is my middle name. She was known for her yummy lasagna.

My mom wanted to recreate her recipe that my dad was always raving about, but there was one problem—the recipe was never written down! So, my mom asked my dad and his side of the family what they thought was in Mammy's lasagna. My mom tried her best to recreate it and has now created a mouthwatering family-favorite recipe! Recently—actually almost a year ago—(Wow! *Time flies!*) my sister had a baby, making my mom a grandma! Now my mom is called Loli.

That is why we named this recipe **Loli's Lovely Lasagna!** Fun fact: Lasagna is normally made with ground beef, but not this one! We make it with Italian sausage! It's A-M-A-Z-I-N-G! We love to keep Mammy's legacy alive by making and eating a recreated version of her lovely lasagna recipe. —**Trinity, 12**

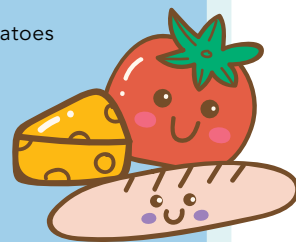
LOLI'S LOVELY LASAGNA

Ingredients:

8 oz whole grain lasagna noodles
1 can (14.5 oz) organic stewed or diced tomatoes
1 can (6 oz) organic tomato paste
1 lb mild Italian sausage
1 tbsp Italian seasoning
½ tsp crushed red pepper
1 tsp garlic powder
1 tsp onion powder
salt and fresh-ground black pepper to taste
4 oz regular cream cheese
12 oz shredded mozzarella cheese
4 oz parmesan cheese

Directions:

1. Cook noodles (*al dente*) according to package direction. Drain. Immediately rinse with cold water to stop it from cooking. Drain.
2. Heat a large sauté pan over medium to high heat. Sauté ground sausage. Once sausage is cooked, add tomato paste, tomatoes and season according to taste. If the sauce is thick, add water to desired consistency (¼–½ cup water). Cover and simmer for 10 to 15 minutes. Set aside.
3. Heat cream cheese in microwave for 30 seconds, stir until softened.
4. Using a lasagna baking dish (13×9×2 glass), layer lasagna noodles, sauce, a little bit of cream cheese, mozzarella and parmesan. Repeat 2 to 3 layers. Cover baking dish with foil. Bake for 40 minutes at 375°, then bake uncovered at 425° for 10 minutes.



BAKE SOMEONE HAPPY!

My top three favorite foods are my mom's chicken soup, sushi and meat! However, I love baking and sharing my desserts with others. This is a recipe for BrownieCakes, the new business I'm starting. I love seeing smiles on people's faces when they try my desserts. It makes me happy to see them happy!

—**Sarah, 12**

SARAH'S BROWNIECAKES

Ingredients:

½ cup melted butter
1 cup white sugar
2 large eggs (room temperature)
½ cup cocoa powder
½ cup all-purpose flour
¾ tsp baking powder
¼ tsp salt

Preparation:

Preheat oven to 350°. Line cupcake pan with paper cups. In a large bowl, whisk together melted butter and sugar. Make sure butter mixture is almost room temperature and then add the eggs and vanilla. Beat well. Add the flour, baking powder and salt. Whisk until well incorporated. Pour the batter into the prepared pan. Bake at 350° for 28 to 30 minutes. Let cool before adding toppings.

Notes: Fill the cups almost to the top. Double recipe for dozen. BrownieCakes are good with chocolate, vanilla, strawberry, coconut, raspberry, peanut butter, and so many other frostings!



I AM

ISABEL A.

10 years old
Determined. Kind. Thoughtful



A toucan on my head, and my head on Mojo!



My favorite veggie from our garden is supersweet 100 tomatoes—best I ever tasted!

A GIRL LIKE YOU
ISABEL A.

A GIRL LIKE YOU

Do you know how your name was chosen? Isabel is a family name on my mom's side. My mom is Spanish and it's a well-known Spanish name!

Tell us about your family. My mom is Susan and my dad is Corey and I have a little sister named Juliana. Something that is pretty cool is that my sister, mom and dad all have the same birthday! **We have a garden where we grow fruits and veggies during the summer and pluck them right off the vine and use them for cooking.** We also love traveling!

Tell us about your pets! I have two dogs, Baxter and Mojo. Baxter is 9 and Mojo is 3. (I have the same birthday as him!) Baxter and Mojo are both rescued. We fostered Mojo first, but it turned out to be a foster-fail and we adopted him!

What are your favorite hobbies? Tennis, cooking, dancing and reading.

What is something you want all girls to know about God? When you're having a bad day or you're scared, you can pray to God and that will give you a sense of comfort.

What makes you laugh? When my sister tells jokes that don't make sense yet make me laugh.

What is one of your favorite memories? When we went to Costa Rica and a toucan sat on my head!

Where is your happy place? My happy place is when we travel—it makes me happy when we go on adventures!

What has God been showing or teaching you lately? God has been teaching me that you should always stay true to yourself—you are one of a kind!

FIVE FUN FACTS ABOUT ME!

1. My favorite holiday is Christmas.
2. My three favorite foods are cheese, pasta and Caprese paninis!
3. I've been a Girl Scout for six years now!
4. My favorite type of cheese is a Spanish cheese called Manchego.
5. My tennis team won an ALTA juniors tennis championship last year!



I made these Caprese paninis!

MY FAVORITE MEAL that we make in our family is called PICADILLO—basically ground beef with olives and raisins on top of rice with yummy sauce. It is meaningful to me because my mom is Spanish, and her mom would make this for her a lot when she was younger. I think it's really cool that it's a recipe that I eat now and it's something that my grandmother used to make for my mom.

MY FAVORITES

Color: Blue

Song: "I Ain't Worried" by One Republic

Book: The Penderwicks series

Food: Red beans and rice

Thing to Wear: Necklace that one of my mom's friends made for me

Class in School: Reading

Bible Verse: Matthew 5:14–16

"You are the Light of the World."

GOD'S girl

DEVOTIONALS & MORE TO GROW YOUR FAITH

WYNTER'S WORDS



LIVING A FRUIT-FULL LIFE!

The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

GALATIANS 5:22-23

The Bible describes a few sweet characteristics that grow in our lives when we know Jesus. God calls these characteristics the "fruit of the Spirit." But even though these things are sweet, they aren't the kind of fruit you eat. You can't physically snack on faithfulness or have a bite of joy, but you can spiritually nourish yourself with these gifts from God.

Just like you would plant an orange tree or water a blueberry bush, you can cultivate the fruit of the Spirit in your life. When you do something for someone else, you are showing kindness—and being like Christ. When you hold your tongue and bite back mean words, you are showing self-control—and being like Christ. When you help your siblings who are having an argument, you are showing peace—and being like Christ.

God is more concerned with what's on our inside than our outer appearance. And what's inside us is our character. He really wants our character to be like His, and we get to reflect all those wonderful Christlike characteristics—love, joy, peace, forbearance (patience), kindness, goodness, faithfulness, gentleness, and self-control.

These characteristics are the fruit of the Spirit, and we can show them through our actions and our words.

Just as you may be drawn to a bowl of delicious apples, grapes, kiwis and strawberries, other people are drawn to someone who has the characteristics of Christ—someone whose life shows love and peace, kindness and goodness. Our Savior is love, and as you become more like Him, the fruit of the Spirit will grow in your life.

From I Am Yours
by Wynter Pitts.
Courtesy of
Harvest House
Publishers.



DEAR God.

Thank You for giving me a clear picture of what it means to be like Christ. And thank You for growing the fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control—in my life so I can become more and more like You. May others see, taste and experience You in my life every day.

In Jesus' name—AMEN.

GO Girl!

WITH JACKIE MARUSHKA



GO Girl!

FOOD HUGS

Is there a food, or snack, that just makes you feel happy?

Maybe it's a home-baked chocolate chip cookie, or a creamy bowl of mac and cheese? Whatever it is, the flavors just make the day better.

I have several but they all have one thing in common—they were all made by my mother and grandmother.

I grew up in New Mexico which is in the Southwestern part of the United States. Because of its geographic location and climate, farmers can grow many varieties of fruit, vegetables, herbs and spices which are part of my "flavor memories," but other non-regional foods I learned to love when I was young included peanut butter, cheese and bologna!

My mom has always made the best sandwiches. Her grilled cheese, peanut butter and jelly, and bologna sandwiches were my favorites. **She didn't just put cheese or bologna or "PB&J" on bread and top it with another slice—she took her time and made each sandwich with love.**

For example, the grilled cheese always had thin slices of tomato inside. The peanut butter and jelly always had an extra dollop of Grandma's cherry jelly right in the middle, and Mom always snuck a few potato chips in the bologna sandwiches so they crunched with every bite. Her sandwiches are still my favorite comfort foods. They'll always feel like giant "food hugs" because they always make me feel loved.

My grandma's cooking was just as special. During summer breaks, I'd stay with my grandparents who lived down the dirt road just a quarter mile from my house. My grandpa had his farm animals to tend to, so both he and Grandma were up every day before

sunrise to take care of them and open their little general store and gas station.

My alarm clock was never a sound, but a smell. Every morning I woke up to the smell of coffee brewing and then I'd hear the sizzle of eggs, fried potatoes and bacon. At the first hint of that coffee smell, I was up and ready to go!

Grandma made fresh tortillas every morning and after the three of us would pray, we'd put butter on our warm tortillas. As it melted, we'd add some green or red chiles on our potatoes which were fried to crispy perfection.

Grandma always seemed to have a pot of beans on the stove, and she always made more than enough because, while my grandparents didn't have a lot, they were generous with what they had. It was normal that Grandma would put food into a Tupperware container and have me deliver it to people she knew couldn't get out or were sick or had fallen on hard times.

When I asked her why she did it, she said, **"Jesus has blessed us and if we can help others, we need to."** They lived 1 John 4:19: **"We love because God first loved us,"** and they never missed an opportunity to help others in any way they could.

So while I have beautiful memories of the food I grew up with—the colors, smells, textures and flavors—the most powerful ones bring to mind my mother and grandparents' love, kindness and generosity to others.

Just like Galatians 5:14 says: "Love your neighbor as yourself"—and sometimes that love looks just like a bowl of beans, fresh tortillas, the cheesiest grilled cheese or a PB&J!



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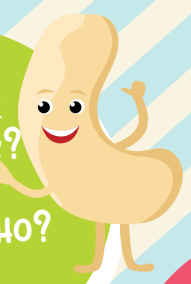
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JOKES, FUNNIES & MORE!

I HAD a Hen WHO COULD COUNT HER OWN EGGS.
She was a mathemachicken!



KNOCK KNOCK
WHO'S THERE?
Cashew
CASHew WHO?
Bless you!



WHY Does THE MUSHROOM always GET INVITED TO PARTIES?
Because he's a fun-gi!



WHAT SUBJECT in SCHOOL is THE SWEETEST?
History—because it's full of dates!



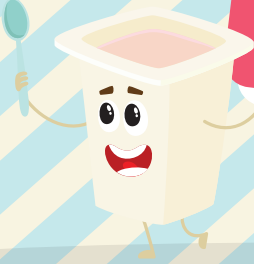
WHAT Does a CHOCOLATE BAR DO WHEN SOMETHING'S FUNNY?
It snickers!



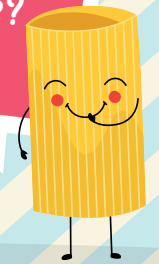
WHY Does YOGURT LOVE TO GO TO MUSEUMS?
Because it's cultured.



DID YOU KNOW THAT MUFFINS SPOOLED BACKWARDS IS WHAT YOU DO WHEN YOU TAKE THEM OUT OF THE OVEN?



WHAT DO YOU CALL a fake NOODLE?
An im-pasta!



Diner: DO YOU SERVE CRABS HERE?
Waiter: YES! WE'LL SERVE JUST ABOUT ANYBODY!



WHAT DID THE Pecan SAY TO THE WALNUT?
We're friends because we're both nuts!



SEND US YOUR FAVORITE LOLS! What jokes make you laugh? Have a great riddle to stump us? Have you drawn a cartoon you'd like to share? Anything funny at all—we want to hear from you! Email LOL@forgirlslikeyou.com!



TRUE girl
WITH DANNAH GRESH

FROM HIS HEART TO MY TUMMY

"ORDERING THE PEOPLE TO SIT DOWN ON THE GRASS, HE TOOK THE FIVE LOAVES AND THE TWO FISH, AND LOOKING UP TOWARD HEAVEN, HE BLESSED THE FOOD, AND BREAKING THE LOAVES HE GAVE THEM TO THE DISCIPLES AND THE DISCIPLES GAVE THEM TO THE CROWDS."
Matthew 14:19

Food has a special way of bringing people together. **It's not just about the nourishment it provides, but also the memories and emotions that come with it.** For me, that special place was sitting in the kitchen while my grandfather made fishcakes. Fishcakes are a traditional Caribbean dish made from codfish. They are battered and fried into small fritters. And they are DELICIOUS!

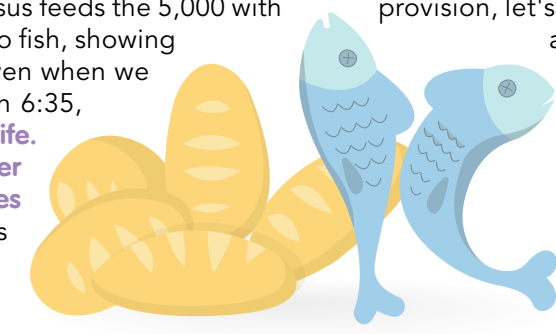
I would help my grandfather prepare the batter—chopping up onions, mixing in eggs, and forming the fishcakes together. All the while, we'd sing and whistle songs, and he'd tell me about his life working in the sugarcane fields in Barbados. He'd talk to me about his faith and why he was always grateful. "You know," he'd say in his Barbadian accent, "even though my knees hurtin' me, I won't complain. God let me see another day. He gave us food for the table, and we want for nothin'. I'm thankful." And then he'd go on whistling his familiar tune.

His food always reminded me of love, family and God's provision. In the Bible, food is often used as a symbol of God's provision and love. Jesus feeds the 5,000 with just five loaves of bread and two fish, showing that God can provide for us even when we think we have nothing. In John 6:35, Jesus says, **"I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."** This reminds us that God's love and provision go beyond just physical food.

Food is also used in the Bible to bring people together. In Luke 24:30-31, **Jesus breaks bread with his disciples after His resurrection, showing that even during difficult times, God wants us to come together in community.** In 1 Corinthians 11:20-34, Paul talks about the importance of eating together to remember Jesus' sacrifice and to build unity among believers.

Food can be a powerful tool for building relationships and connecting with others. Just like my grandfather's food brought us closer together, sharing a meal with others can be a way to show love and build community. In Proverbs 15:17, it says, **"Better a small serving of vegetables with love than a fattened calf with hatred."** It's not just the food itself that's important, but also the love and connection that come with it.

So, whether it's a shared meal with family, a community gathering, or just a simple meal, food can be a powerful tool for building relationships and connecting with others. Let us be reminded of this and be grateful for God's provision, let's take time to share a meal with friends and family and to give thanks to God.



Shani McKenzie is a lead teacher for True Girl! She loves to share Jesus and make people laugh.





**MasterChef Junior
CONTESTANT**

Campbell Faulkner

**loves to cook for others and serve it up
with LOVE. And everything she makes
is ... mmm mmm good!**



A Note from Campbell's Mom

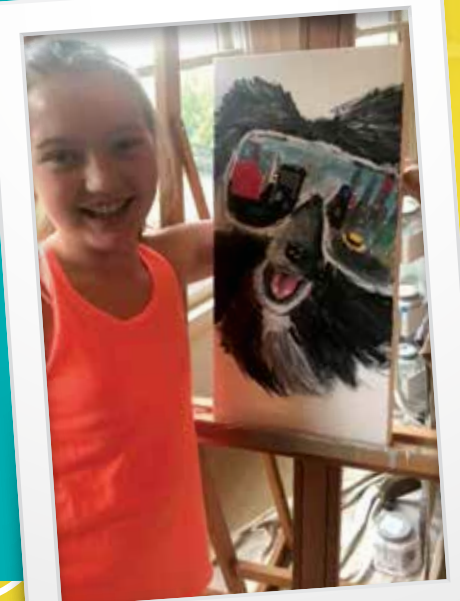
Campbell was destined to love **hospitality and has the gene for it.** It has created a love of people, a love of places, a love of beauty, a love of taste. From the time she was born, our Air Force family constantly welcomed international pilot students the United States was training into our home. From paella to the perfectly flavored Italian meatball, Campbell grew up exploring exotic dishes created by our guests, meeting people from a variety of cultures, and learning the joy of sharing a meal with strangers who become friends.

Her love of cooking came easily, and Campbell started at a young age. (She could handle a chef's knife like a pro when she was just a preschooler!) Since she was little, she has loved big. And that love shows up in the food she creates. For every breakfast for her brother, every batch of cookies for her neighbor, every sandwich for a friend, Campbell puts her heart on every plate. **Her signature dish is really love.**

She inspires me every day, and I am excited to introduce her to you. I hope you will be inspired to live, cook, share and love just like she does!



Eating macrons with Campbell on her day off during the competition in LA



Campbell brings joy to whatever she tries—this was an abstract painting project!

meet Campbell Marie

FIVE FUN FACTS ABOUT ME!

1. I love riding horses and during COVID I started an ETSY business making custom treats for horses!
2. My fave holiday is Easter.
3. I ride a pony named Ella.
4. I love to organize.
5. I'd pick mountains over beach any day.



MY FAVORITES

Color: Blue
Song: "Dancing on the Waves" by We the Kingdom
Singer: Dean Martin
Book: Percy Jackson series
Thing To Wear: Leggings
Vacation: Portugal and Spain
Class in School: Language Arts
Bible Verse: Jeremiah 31:3 in *The Message*

God told them, "I've never quit loving you and never will. Expect love, love, and more love! And so now I'll start over with you and build you up again."

MY NAME

is a family name. My great-grandmother was widowed and when she remarried a man with the last name Campbell, he raised my grandmother as his own. I was named for him.

MY FAMILY

is my mom, dad, brother and two dogs. We love to travel, and we are really close. Our favorite thing is trying new things ... and spontaneity.

MY HAPPY PLACE
is my horse barn!

MY PETS

are Aspen, a 9-year-old Havanese, and Charlotte, a Blenheim Cavalier. They are the loves of my life.

I AM
Happy. Creative. Kind.

MY HOBBIES

include horseback riding, cooking, tennis, walking.

WHEN I GROW UP

I want to have my own restaurant that inspires wellness.

I WANT ALL GIRLS TO KNOW

that no matter what you do or think, God still loves you!

NO ONE WOULD EVER GUESS

Even though I love to cook, I'm not a cheese fan.

MY UNUSUAL TALENT

I'm super flexible and can bend my body in weird ways.

MY BUCKET LIST

includes visiting Galapagos Islands ... and to beat Gordon Ramsey in a cooking competition!

LATELY, GOD HAS BEEN SHOWING ME

that I'm capable of so much more than I thought I was, and bravery can look really different to God!

COOLEST THING I HAVE EVER SEEN

was the top of the Eiffel Tower and the skyline of Paris!

AN AWESOME MOMENT IN MY LIFE

was the night before we left for LA and the *MasterChef Junior* taping, I got baptized! It was crazy. It was this big blowout baptism in our neighbor's backyard, and I loved it so much! We had sweet cake and then we threw cake at each other! And people prayed over me too—it was such a great experience to leave on for this next adventure in my life!



WHAT'S cooking?

MY FIRST MEMORY

of being in the kitchen is baking Christmas cookies with my grandma. Ever since then I've just loved cooking so much. And I've been taking cooking lessons from a very young age. I loved being in the kitchen with my family, too. And I loved learning how to make things. The first thing I cooked by myself was when I pan fried some turkey and cheese and made a gourmet lunch bowl! That was so much fun, I decided to do it more and more often. My friends and I would even have cooking competitions where we would play *MasterChef Junior* and *Chopped* and other shows that we watched like the *Great British Bake Off* and *Kids Baking Championship*.

MY FAVORITE RECIPE

is my grandmother's banana bread—it has a special crumble topping. it's so nostalgic. She's been making it since we were little!

MY FAVORITE MEAL

was in Spain at a hole-in-the-wall tapas restaurant that I still dream about going back to!

MY FAVORITE THINGS TO EAT

Sushi rolls. They're so creative.
God's Garden pizza at our local pizza place.
Bowls ... especially Gusto's chili-sesame BBQ bowl.

COMFORT FOOD

During COVID I developed a recipe for what we all called the CAM SANDWICH. It's sourdough bread, pimento cheese, red pepper jelly, turkey and Wickles pickles. It *has* to have Wickles on it! You have never had a better sandwich. The Cam Sandwich was famous in our hometown during COVID because after I posted it one day, everyone started making them!



Campbell and her cooking teacher



Campbell and her brother Davis with their first cooking teacher



Cam's Quarantine Sandwich



2 slices sourdough bread
2 teaspoons butter
1 tablespoon red pepper jelly
¼ cup pimento cheese
6 Wickles Pickles
4 slices of honey turkey

INSTRUCTIONS

1. Butter one side of each slice of bread. Grill over medium heat until golden brown and crisp. Remove from heat.
2. Brush the opposite side with melted butter and spread pepper jelly on the grilled side of one slice.
3. Then, divide the pimento cheese in half and spread on the grilled side of each slice.
4. Place pickles and sliced turkey and grill again.
5. Slice and serve.



My MasterChef Junior Adventure

With Mom at the airport when we flew to LA for MasterChef Junior!

I was a fan of lots of cooking shows, including *MasterChef Junior*, and of course, I really admire Chef Gordon Ramsey, who is a judge on the show. So, it was a dream come true when I found myself traveling to Los Angeles to become a part of it all!

IT ALL BEGAN when my mom received a note saying, "I think Campbell would be super interested in this," and the email was basically the *MasterChef Junior* application. And we were like, yeah, sounds fun—let's do it!

FOR THE FIRST AUDITION I spent a lot of time thinking about what the best meal would be to make. I decided on **BLACK TRUFFLE CREPES** with a **LEMON ARUGULA SALAD**. I was super confident in this dish, practiced it a couple times, and then took it to the audition. Gordon

Ramsey's team came in, tasted all our dishes, and less than an hour later I got a call back to say that I could go to the next audition!

THE SECOND AUDITION was private, and I got interviewed while I cooked. I made my signature dish, **SOUTHERN SHRIMP AND GRITS** with a bit of a French twist on it. I talked a little bit about why I chose this dish and it's because I cook a lot of Southern, French and Creole-inspired dishes. I chose it because it was true to my heart, and I thought that as I cooked it. I felt super comfortable in front of the camera.

From then on it was all virtual auditions. I would film videos of me cooking in my kitchen, showing all the quirky little things that I do, like wear goggles while cutting onions and things like that. My last video audition was LAMB CHOPS WITH MINT JELLY.

AND THEN WE GOT THE CALL THAT WE WERE GOING TO LOS ANGELES! The first day that they let us go cook was so fun! It was exhilarating to work against the clock, but I got my dish done. But the really stressful part for me was they didn't tell us where the sink was, so I put everything into a separate bowl. I got into a little trouble for that!

I MADE A LOT OF GOOD FRIENDS while I was on set. Grayson was one of my best friends. We swam and hung out together every single day. And he's just incredible. I totally knew he was going to make it to the final—I just had a lot of faith in him.

THE HARDEST PART

for me was the last day. All of us were a little on edge, a little upset. Nobody was super happy about the whole leaving situation. So, it was difficult dealing with everybody being sad. I still am super proud that I made it as far as I did, even though I did leave after the first episode.

ONE OF MY FAVORITE PARTS

of this journey was teaching myself how to make a **SWISS BUTTERCREAM**. I vividly remember my cooking instructor coming over one day and saying that I needed to take an entire class just on Swiss Buttercream to help me prepare for the competition. And I was like, *um, no*. I was determined to learn how to do it myself. I looked up a recipe and made it flawlessly the first time I tried. I thought, *OK, this isn't hard*. So I made it a couple more times and people would comment on how luscious it was. I remember being like, *well, take that!* I taught myself how to do it. I'd say that was probably one of my favorite "I can do this" moments."

On the bus to our first practice round of cooking on the MasterChef stage!



I made my own t-shirt to remember this experience!

I had to try out so many outfits—and pose for so many pictures!

MY MASTERCHEF JUNIOR EXPERIENCE taught me that I can do anything I put my mind to and that no matter how excited or how confident you feel about something, you're still always going to need God to help you through difficult situations—or even exciting situations. I learned to have that peace and that confidence that I could do anything I put my mind to, and trusted God would always be with me.

More of my new contestant friends in LA trying our first famous IN-N-OUT burgers!

I made so many great new friends, like Martina!

School CAMPBELL FAULKNER WARDROBE SHEET PARENT WARDROBE

These were the wardrobe cards they gave my mom and I so we would know what we had to wear each day!



THAT SOUNDS *yummy!*

YOUR DELICIOUS DELIGHTS AND
THE STORIES BEHIND THEM!

PLUS ALL
YOUR
FAVORITE
FOODS



Lexi, 11

**POPCORN
RAMEN
HIBACHI**
My favorite food is my **NANA'S FUDGE PIE**. This pie is meaningful to me because my Nana makes it from scratch.

She is an amazing cook, so it makes it extra good. This year I asked for the pie for my birthday cake! This pie tastes like a chocolatey, fudgy brownie and is best with whipped cream.



Sofia, 10

**SPAGHETTI & MEATBALLS
BBQ RIBS
PERNIL WITH GREEN BEANS**
My favorite meal is **SWEET POTATO HASH**. It's my favorite breakfast option, and if you are a real vegetable fan, like me, you'll love this. It has toasted sweet potatoes (yams), bell peppers, and onions. If you want, you can add some extras to it, like bacon, sausage, or maybe even a vegetable of your own. I've liked this breakfast for many years, and eating it reminds me of sweet memories. I also love it because I get to sometimes have syrup on it.



Gracie, 11

Baking CHOCOLATE CHIP MUFFINS is special to me because I enjoy making people happy when they see them! They are delicious!

**PESTO PASTA
CHOCOLATE CAKE
PIZZA**



Emilee, 9

**NACHOS
FRENCH FRIES
CHICKEN FINGERS**

My favorite thing to eat is my mother's **NACHOS**. I love the recipe, even if it is secret! There is only one ingredient I can tell you—LOVE!



Lucy, 9

**STRAWBERRY PANCAKES
CHICKEN NOODLE SOUP
RAMEN**

I love when my mom makes **STRAWBERRY PANCAKES** because she makes them with extra-special love!



Sat, 8

VANILLA CAKE WITH CREAM CHEESE FROSTING
TROPICAL SMOOTHIES
VANILLA AND ORANGE SHERBET

My favorite treat is my mom's famous CUPCAKE CAKE! It's shaped like a cupcake and it's a really tasty vanilla cake with cream cheese frosting. We always have vanilla ice cream with it! Every year, as a tradition for my birthday, we have it and I get to pick the color of the icing. It's very special because I've had it for my birthday since I turned 1 year old!



Hannah, 9

CHICKEN NUGGETS
MUFFINS
CHEESE

I like to make pies, breads, cookies, cakes and muffins! It's fun to BAKE because you can make whatever you want and spend time with someone you love. In my photo I'm baking a pie with my grandma.

My favorite meal is ENGLISH MUFFINS WITH BACON AND EGGS because my dad is a trucker and when he comes home, we always have a big brunch together on his day off.



Genesis, 12

MEATLOVER'S PIZZA • ICE CREAM • MOM'S BEAN SOUP

My mom's VEGAN FRENCH TOAST CASSEROLE is my favorite because it's THE best! She only makes it on certain Saturdays for our family as a special treat. It tastes so good because she works on it for a long time.



Harper, 9

I love ENERGY BALLS because they give me energy and are delicious. Plus, we can all participate in making and eating them!

ENERGY BALLS
PB&J
REESE'S PEANUT BUTTER CUPS



Kyla, 12

PIZZA
LASAGNA
HAMBURGERS



Racquel, 11

Racquel is a Spanish name, so that's why I'll talk about TORTILLA as my special dish. My dad is Spanish, so he learned from his mum, my dearly departed Abuela. Tortilla is an easy dish to make—all you need are eggs and potatoes. After Abuela passed away, this dish became part of her legacy. Whenever we eat it, it reminds me of her. God gave Abuela the gift to cook and she passed that on to my dad. Tortilla is a huge part of my life and culture. The tortilla reminds me of how God has made everything and how blessed I was to have been with Abuela and to get to eat her lovely Spanish tortilla.



Ashleigh, 11

COOKIE CAKE. Now I have made it six times for different friends and family for their birthdays, and everyone enjoys it. My friend's grandma even asked if I could make one for her birthday, too! It doesn't need to have a lot of decorations, or frosting, it just needs to be made with love and that makes it special to me!

SPAGHETTI
CAKE
CHEESE
BURGERS
SUSHI

When I was little, I watched my mom bake cakes, and that inspired me to make something to give to others for their birthday. When my mom made cakes for me it made me feel special, so I wanted to make something so my friends

would feel special too. I found this recipe online with one of my mom's favorite bakers, and since I didn't have time to buy my friend a birthday gift my mom suggested we make this

CHEESE
BURGERS
CHOCOLATE ICE
CREAM
BROCCOLI CHEESE
SOUP



Leia, 9

One of the foods that is very special to me is GRANDMA BETTY'S TOFFEE because we always have fun cooking it and even more fun eating it.

SISTERS
FROM NEW
ZEALAND



Grace, 9

My favorite food is MACARONI AND CHEESE because it reminds me that life will be hard like the hard bits of mac and cheese. And sometimes it slips off your fork or spoon and it's like when things don't go your way and you've just got to pick yourself up and try again and again until you get it right. I am autistic so when I eat this, I feel happy, I feel excited, I feel like it's just me and my family. I love the Bible, so I try to read it after dinner. My favorite verse is John 3:16.

GIRLS FROM PEARL HOUSE
IN GHANA, WEST AFRICA



Grace, 16

The food I enjoy is PAPAYE (a Ghanaian fast-food favorite). I enjoy this food because this food is not eaten by me frequently. Whenever I eat this food, my sisters and I sit at our tables and eat together as a family, which reminds me of how Jesus used to dine with His disciples and also it brings about togetherness since everyone is around.



Florence, 16

WE MADE SOME GREEN VELVET CAKES for our student teacher! And the person who helped me make this cake special is my grandma. She always helps me make every kind of cake!

SAUSAGES BLUE VELVET CAKE SAUSAGE PANCAKES ON A STICK

My favorite staple food is BANKU and OKRO SOUP. I like banku so much because it can be eaten with any other stew or soup in Ghana. But I like it mostly with okro soup. I also like it because it is always made with love by my sisters. And my favorite foreign food is pizza. I like pizza a lot because it contains a lot of vegetables and meat that help build our body system. And, they are made with love always.



Alana, 8

A favorite food that is special to me is a Hungarian dish called HOLUSKA. It is a Hungarian noodle dish that is meant to be served with chicken paprikash (another Hungarian dish). My grandma always used to make holuska, and in recent years, I joined in! The batter is like the consistency of cake batter, but savory. After you make the batter, you put it through a thing over a pot that looks like a cheese grater laid on its side. It cuts the noodles into little pieces and is super fun to use! I love eating holuska as much as I like making it! It is delicious!

PASTA PIZZA DARK CHOCOLATE



Clara, 13

BFFS

SUSHI PUMPKIN PIE OLIVES
(But not together!)



Gia, 9, and Maci, 9

GOOFY CAKE is special to me because it is a recipe from my nana. It's goofy because it has no milk and no eggs in the batter and it's super yummy. I also have it for every birthday and because the batter has no eggs in it, I can eat the batter! I made Goofy Cake Cupcakes with my BFF Maci!

SALAD BURGERS TACOS
(Great together!)



Hannah M, 9

My family celebrated the New Year in Gatlinburg, Tennessee. I found my new favorite restaurant our first day there. We ate at the Pancake Pantry and I loved it! I had the M&M PANCAKES WITH PEANUT BUTTER SYRUP and my mom had the Georgia Peach crepes. Since we've been home, my mom and I have recreated the pancakes with peanut-butter syrup. I love to bake, and my mom has helped me start a cupcake business. I earned extra money last summer by selling my cupcakes to family and friends.

CORNBREAD CORN MACARONI & CHEESE PASTA



I really love SUSHI especially since it's a family tradition. For every birthday in my family (nine of us, including my grandparents), we roll homemade sushi together for the birthday dinner. One of my favorite rolls is salmon, cream cheese and mango. Another dish that I really love is a green bean

dish that originated from my grandma. We now call it MOMMY'S FAMOUS GREEN BEANS because it is from my mommy's mommy. It includes mushrooms, onions, garlic, thyme, chicken stock, butter, and obviously green beans. Usually, we have this dish at Thanksgiving, Christmas, and my mom's birthday celebration! I love the unique family traditions and the delicious taste of the amazing foods I get to eat!

Abigail, 12

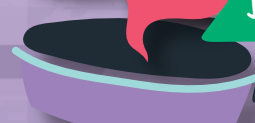
WHITE RICE WITH A FRIED EGG ON TOP.

This is special to me because it was my grandma's special recipe. And I have a garden full of vegetables and the vegetables I have are supersweet 100's (which are really really sweet tomatoes) and pumpkins and basil.



Juliana, 8

MUSHY WHITE RICE PASTA PIZZA



Alyssa, 10

My favorite meal is BAKED VEGGIE PASTA. I like it soooo much because it tastes good; it's *bussin!* Making this dish teaches a very powerful lesson. When it's baking in the oven you must wait until it's ready. And sometimes when we want God to change our family members, friends, parents, teachers, anyone or anything in our lives we also must wait! Be patient. It can take weeks, months or longer for what you are waiting for. And guess what? My pasta didn't turn out exactly how I expected because we had to make a few changes and that's OK. It was still delicious! What you were waiting for can turn out differently but be good, just like my baked veggie pasta dish.

SHRIMP PO'BOYS (This sandwich has shrimp and a delicious sauce called a remoulade.)
LENTIL TACOS (So good—you should try them! My mom also bakes the tortillas to make them harder and adds avocado oil to give them flavor.)
MOM'S ALFREDO OR MAC & CHEESE (Her sauce is amazing—I even snuck and had some on Christmas. Shhhh!)

SISTERS

A meal that is special to me is my **PAPA'S BREAKFAST OMELET**.

It is special to me because it shows that my papa loves me.

SCRAMBLED EGGS
OREOS
AVOCADOS



Lily, 7



Emma, 10

My favorite foods are my **MOM'S FUDGE WITH WALNUTS** and **LITTLE EGG BITES** that have pizza "toppings" in them. My mom always makes her fudge on Christmas, and it's delicious! The egg bites were the first healthy thing I made with my mom. We love cooking together! God provided us with all of the ingredients to make this food and I am so thankful for that.

VEGGIES • MY DAD'S SOUP • VEGGIE BURGERS

MEATLOAF
& MASHED
POTATOES
GUACAMOLE
YAM
CHIPS



Lucy, 11

I like Christmas, and I like food! My favorite Christmas foods are shrimp fondue, cheesy potatoes, and **PANCAKE PEOPLE**. We make pancake boys and girls out of sweet pancakes and use juicy oranges and chocolate chips for the faces. For the hair, we use scrambled eggs and crunchy bacon. It's a tradition we do every Christmas morning for brunch, and I'm glad I get to be a part of it!



Rev, 10

PIZZA
LASAGNA
WAFFLE'S
(cookies that
are the shape
and texture of a
waffle)

A food that is special to me is **SUGAR COOKIES**. I have been making sugar cookies every year since I was



Gianna, 14

7 years old, and it is a really special tradition in my family. Our cookie decorating skills have definitely advanced over the years! My sister and I have always enjoyed making sugar cookies together, and it is a tradition that I love.

STEAK
ICE CREAM
CHEESE



Doveny, 11

I'm holding a tray of Russian Teacakes in my photo!

RUSSIAN TEACAKES! We make them every Christmas and winter and they're really yummy and fun to make! It doesn't feel like Christmas without them!

The most meaningful food for me is **CARROT CAKE** because I tried it on my first trip to the Frio River in Texas. My friend Mrs. Laurie shared her carrot cake recipe with me because I liked it so much. Carrot Cake is one of those foods that if it is good it is really good and this recipe is amazing! I wish everyone could taste it. There are lots of different foods around the world and I think all the foods are special in their own way. I love to try new foods whenever I travel and experience new cultures!

TACOS
QUAIL
BOUDIN
BALLS



Clara W., 9

My favorite recipe is a **MAYONNAISE, MUSTARD AND WICKLE'S RELISH SANDWICH!** Pizza is the most meaningful food to me because I get it for my birthday every year!

FOX'S PIZZA
CHOCOLATE
S'MORES



Jessa, 11

My special food is my dad's **AMAZING CHOCOLATE CHIP PANCAKES!** At Christmas time we choose one night where we watch *Elf* and our dad makes pancakes! It's so much fun! We also ask him to make them whenever we feel like it. They're delicious!

DOUGHNUTS
CHOCOLATE
CHIP PANCAKES
BEANS



Elsie, 12

SISTERS

Every year for my Papa Wayne's birthday we would bring him pie. His favorite was **APPLE PIE WITH VANILLA ICE CREAM**. I learned how to make apple pie from my mom and now I can make it by myself. I even learned how to make homemade ice-cream. Now that my grandpa has gone to Heaven, we still make an apple pie for his birthday every year. We miss him very much and enjoy his apple pie every year.



Ally, 10

I love **CRAB LEGS**. They are so juicy, and I like to crack them open! The first time I had crab legs my dad brought them home and made them. I loved them and we had them for my 9th and 10th birthday. We ate them on my favorite vacation when we went to North Carolina. My little sister Susie loves them, and she is a very picky eater, and that is why they are so special to me.



Josie, 10

CRAB LEGS • MAC & CHEESE • ICE CREAM



PANCAKES
LASAGNA
MACARONI
& CHEESE

Carissa, 11

I love lots of foods, but one of my many favorite foods is **LASAGNA**. One of the reasons I love it so much is because it has pasta. I love pasta!



Eleanor, 7
pic with her Nana

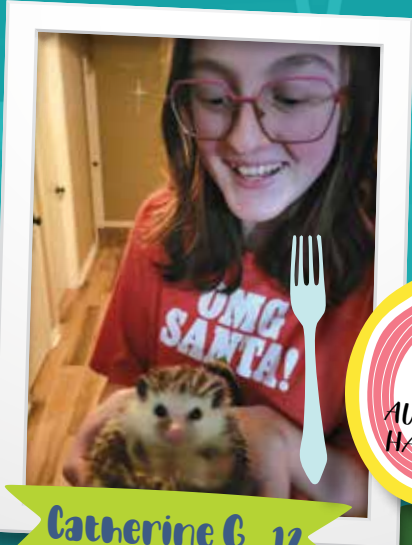
My favorite cake is **PAPA Q'S CAKE** and my favorite part is that it was his groom's cake in my grandparents' wedding. When my nana makes it every holiday, we get to remember and talk about Papa Q, who died when I was 2 years old. It's a special way to celebrate him in our memories, even though I wish he was still here.

My special food is **CARROT CAKE**. It is special to me because I have had it for many of my birthdays including my 3rd birthday when I had a big party at my Aunt Sarah's house and my whole family came! It is super fun to make, and I love the cream cheese frosting. I really love cooking!

CORN ON THE COB
BOSTON CREAM
DOUGHNUTS
BRIE CHEESE

Charlotte, 12

My favorite recipe is my Great Aunt Rosa's **CHOCOLATE PISTACHIO BUNDT CAKE**. I started baking when I found one of my Great Aunt Rosa's recipes and wanted to ask her for more. So, with the help of my mom and dad we found her address and I sent her a letter. She soon wrote back and sent three or four family recipes; now she is my pen pal, and we send each other letters! This recipe is super special to me because it reminds me of the time we spent at Great Aunt Rosa's and Uncle Wendal's cattle farm in Michigan. It was a lot of fun!



Catherine B., 12

CHEESE
BURGERS
SUSHI
AUNT ROSA'S
HAMBURGER
SOUP

HOMEMADE LAYERED
RAINBOW CANDY CAKE
(because there is candy in the middle!)

WHITE CHICKEN CHILI
(So warming!)

COW TONGUE
(I know it sounds gross, but I love it fried and crispy, and not too salty! (That's a frozen one I'm holding in my picture!))

I really love my **MOM'S POTATO SOUP** because it is delicious, and she doesn't make it often so it is a treat when she does!



Catherine, 8



Tawwan, 12

My favorite thing to bake is my great grandma's **GERMAN CHOCOLATE CAKE**. It is special because she has had the recipe since my grandpa was a little boy. We always eat it at family gatherings with her.



MY FAVORITE FOOD IN MY FAMILY IS **ICE CREAM BURRITOS**. You take a tortilla and flip it in butter and then you put cinnamon sugar and vanilla ice cream inside and wrap it up and eat it like a burrito. It's one of my favorite desserts!

AN EASTER TREAT!

Alora also loves **RESURRECTION ROLLS**. "I love how each ingredient we use represents something about how they buried Jesus. And when it comes out of the oven and the marshmallow that represents Jesus' body is gone, it's really sweet—just like the good news!"

ALORA'S MOM shares the recipe and story so that you can make them too!

RESURRECTION ROLLS

1. Melt ½ cup butter in small bowl.
2. Mix ¾ cup sugar and 2 tablespoons cinnamon in a separate bowl.
3. Unroll 1 package of refrigerated crescent dough and separate into triangles.
4. Take one large marshmallow. **THIS REPRESENTS JESUS.**
5. Roll the marshmallow in butter and then in the cinnamon and sugar mixture. **THIS REPRESENTS THE OILS AND SPICES THEY ANOINTED HIS BODY WITH BEFORE THEY PLACED HIM IN THE TOMB.**
6. Place the marshmallow onto a dough triangle and wrap each side of the dough up and over the marshmallow. **THE DOUGH REPRESENTS THE TOMB THAT JESUS WAS PLACED IN.**
7. Roll the dough in your hands until the marshmallow is covered and sealed. Dip in butter and cinnamon sugar mixture and place in a greased muffin tin. Bake at 350° for 15 minutes.
8. When cooled, cut the "tomb" rolls down the middle. **THE TOMB IS EMPTY! JESUS IS RISEN!**



Antonia, 12

My favorite food that is special to me is my grandma's **CHICKEN PARMESAN**. It is so good! It reminds me of Italy where my family is from. Every time I eat chicken parmesan at a restaurant, I think of my grandma. (Also, it is never as good as my grandma's.)

CHOCOLATE ICE CREAM WITH CHOCOLATE CHIPS
CHICKEN PARMESAN
BUTTERNUT SQUASH RAVIOLI



COURAGEOUS girls

WITH TERRA MATTSON

FEED YOUR STRENGTH

I love food. Especially sweets. You probably love your broccoli and your spinach, but not me. **However, our bodies are not made to only enjoy treats—we need nourishment to do the things God has called us to do.** Like a car needs gas, our bodies need fuel and when we don't feed it properly, we can have unwanted side effects like tummy aches, blemishes, no energy...

God says to love Him with all our heart, soul, mind and strength. Strength is another word for body. Culture tells us girls we need to look a certain way. Sometimes we are tempted to think about food and movement of our bodies as a way to be more beautiful.

A Courageous Girl uses food to fuel her body so she can love her God with all her strength.

Here are some tips to consider as you practice having a healthy relationship with food and your body.

1. Think about what you are hungry for. Your body has a clever way of telling you what it needs and will crave certain foods at different times of the day.
2. Resist labeling food as "good or bad." It's all glorious and has its place. Eat when you are hungry and stop when you are full.
3. Consider adventure bites. Your taste buds change as you grow. Trying different kinds of foods is a way to help your body stay strong and healthy. You might discover a new favorite flavor or texture you like.
4. Take your time when you eat and help grocery shop or prepare a meal. You'll find a greater appreciation for the food your family provides.

KIARA'S STORY



KIARA, 10

I live in Oregon and I've been in a Courageous Girls group since I was in first grade. We meet once a month as a group to talk with our moms about life and Jesus. The friendships I've built with the other girls encourage me in my relationship with God and others.

I got really into baking and cooking during COVID. I made cakes, cupcakes, pies, cookies, cornbread, etc... I discovered a cookie recipe in *Magnolia Table Volume 2** and made the best cookies you'll ever taste. I shared them with my family and our neighbors. When I shared them with my neighbor Matt, he asked me if I could

make more, and he would pay me for them. Then, he jokingly said, "I think you should make your own business." I came home, called my aunt who is a graphic designer, and I started *Kiara's Kookies*. I made more cookies and handed them out for free and told them the prices if they wanted more. Within a week, my entire neighborhood ordered more cookies! After a year of baking and selling dozens of cookies, I raised enough money to fly out to Nashville, Tennessee to spend a week with my grandma.

THE KEY: You never know how God will use your gifts. Mine just happens to be baking. Keep trying and don't give up, even if people don't like what you're selling.

*Visit forgirlslikeyou.com/KiaraKookies for Kiara's not-so-secret-now recipe!



courageous girls ROOTED IN GRACE

Would you like to be in a Courageous Girls group like Kiara? There are groups of Courageous Girls meeting all over the world helping each other trust God with their hearts. Learn more by visiting mycourageousgirls.com.



faith SERVICE. FUN.

WITH AMERICAN HERITAGE GIRLS

WORDS TO LIVE BY

"As an American Heritage Girl, I promise to be: Compassionate, Helpful, Honest, Loyal, Perseverant, Pure, Resourceful, Respectful, Responsible and Reverent."

American Heritage Girls (AHG) has over 54,000 members (girls just like you!) and every member lives by the AHG Creed.

As representatives of Christ Jesus, our Creed is much more than words—it's both a challenge and a reminder. The Creed words guide how we think, speak and act, so together we can SHINE for God!

Check out our American Heritage Girls' CREED Word Search at forgirlslikeyou.com/AHGWordSearch and see how many of these AHG promise words you can find!

MEET



BRYNLEE

Way to Grow!

"Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds." JOHN 12:24

A Tenderheart from AHG Troop OH1436, Brynlee was able to serve her church community by planting flower bulbs to beautify their grounds. During the process, she learned about John 12:24–25. "We each wrote something on a piece of paper that we wanted to let go of and give to God," she explains, "trusting Him with it, to multiply it and to give it life for His Eternal Kingdom. Then we buried these papers in the ground under the bulbs as a symbol of our death to what we had written." The soil was very hard and it was difficult to dig the three-to-four-inch holes the bulbs needed. Troop leaders were all impressed with how **perseverant** the girls were, even the younger ones.

The girls planted 56 flower bulbs. Then they waited. And waited. The cold, long winter came. No sign of life. But God knew it was not time for them to sprout

yet. Then, in March, the leaves were visible from the ground! What a wonderful sign that even when we cannot see God's hand at work, we can trust by faith that He IS at work! And that He will reveal His plan to us in His perfect timing. In April, the Troop went outside to enjoy the beauty God had created from the dry, brown bulbs they had planted. Brynlee and her Troop learned about service and giving back, and that no matter your age, anyone can contribute and serve. "My favorite part of the project was writing on the piece of paper to give it to God and trusting that He will take care of it in His timing," says Brynlee, "and seeing the pretty flower because it showed me God's beauty, and how He was working even though I could not see it! I learned that I **can** trust in God's timing."

—Natalie Ambrose



Brynlee planting bulbs.



AMERICAN HERITAGE GIRLS FAITH | SERVICE | FUN

Find a Troop in your area! Visit americanheritagegirls.org. If you're an American Heritage Girl with a story to tell, let us know! Email faithservicefun@forgirlslikeyou.com.

DYED EASTER EGGS

Try this new way to color your Easter eggs!

Grab a grown up and get ready to make a colorful mess with these egg-cellent Easter treats!

Supplies

hard-boiled eggs
gel food coloring
unscented shaving cream
muffin tin
food-safe gloves (lots of them!)
fork or toothpick



1.

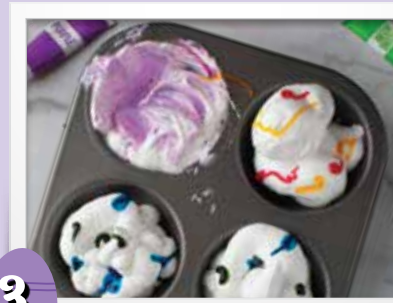


Put your gloves on and fill each well of the muffin tin with shaving cream.



2.

Drizzle, drop, and swirl food coloring onto each mound of shaving cream.



3.

Use your fork or toothpick to mix or swirl the food coloring into the shaving cream. Swirl a lot for a solid color finish; swirl a little for a marbled effect!



4.

Insert each egg into a well of the muffin tin and turn over in the shaving cream until fully covered. Let sit for 30 minutes.



5.

Gently wipe off the shaving cream with a paper towel to reveal your colorful designs! Your eggs are now ready to place in your Easter basket!



STEMgirls

STEM GIRLS

SCIENCE FUN WITH THE DENTON DUO

Sisters Lydia and Bethany



PLAY WITH YOUR FOOD!

SCIENCE FUN FROM YOUR FRIDGE

Did you know you can use lemon juice to write secret messages? Just dip a cotton bud in lemon juice and write a message on a piece of paper. It looks like a plain piece of paper but ... wait! Find a heat source like an iron or a flat iron and iron the paper. Your secret message will appear! The lemon-juice message discolors before the rest of the paper. (Don't heat it for too long or the paper will turn brown too!)

WHAT'S GOING ON?

When you wrote your message using the lemon juice, it was absorbed into the paper's fibers. Lemon juice is a weak acid, so it softened the fibers in the paper. When you add heat, carbon from the paper and lemon juice burns and oxidizes. This makes it turn a different color—and reveals your message!

COLOR MAGIC

Blueberries, blackberries and red cabbage all have a really cool pigment in them called anthocyanin which is an indicator. That means that it will change color when it is in the presence of an acid or a base.

HERE'S HOW: Take a few red cabbage leaves, add some water, and mix in a blender for about 30 seconds. Pour the mixture over a paper towel to drain out the chunky bits. The purple water you have will now **change color!** Try it out!

Next, add some drops of lemon juice to water. Now it turns bright pink! In another cup add in some baking soda. It will turn blue! Baking soda is a base and lemon juice is an acid. You can take the purple liquid you made and paint it on paper. Let it dry and you will have magic color-changing paper. Mix a little baking soda and water or reuse your lemon juice from the first experiment to make a "paint." Paint it on the paper and you will see the color change instantly!

ALL ABOUT THE BASES (AND ACIDS)

You can paint the cabbage juice on paper to make your own homemade pH-test paper. Use strips of your paper to test different items around your home! It will turn pink in the presence of acids and blue in the presence of bases. This is important for a lot of reasons! Bacteria don't typically live in acidic or basic environments, so when something is at a pH that isn't neutral, it helps keep it from growing gross things on it! *Is soda an acid or a base? What about milk?* Just put a drop of common household items on the paper and look for a color change.

Acids and bases are also important in baking and cooking. When you add water to baking powder it will bubble and fizz because baking powder has a powdery acid and a powdery base in it together! If you add water to baking soda it won't bubble because it is just a base.

Mild acids and bases also taste good to us! Sour candies, lemonade, pickles and other vinegary snacks are mild acids. Before people had fridges, preserving foods by pickling helped keep bacteria from growing. God probably gave us our acid-loving taste buds because acidic foods were much safer to eat. And many basic foods like cabbage, onion, garlic and celery are so healthy for us. He also gave us a love of base foods to keep us nourished.



BEFORE YOU
GO



*If more of us
valued food and cheer and song
above hoarded gold, it would be
a merrier world.*



J.R.R. TOLKIEN

Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?.....MATTHEW 6:26

Laughter
IS BRIGHTEST IN THE
PLACE WHERE
FOOD IS.....IRISH PROVERB



COOKING
IS ALL ABOUT PEOPLE. NO
MATTER WHAT CULTURE,
EVERYWHERE AROUND THE
WORLD, PEOPLE GET
TOGETHER TO EAT.....GUY FIERI



*If you can't
feed a
hundred
people,
then feed
just one.*

MOTHER TERESA

GIVE US THIS DAY
**OUR DAILY
BREAD.**
MATTHEW 6:11

For He has satisfied the
thirsty soul. And the hungry
soul He has filled with what is
good.....PSALM 107:9

*Sometimes me think,
"What is friend?"
And then me say,
"Friend is someone
to share the last
cookie with."*
.....COOKIE MONSTER



WHETHER YOU
EAT OR DRINK OR
WHATEVER YOU
DO, DO ALL TO
THE GLORY OF
GOD.....1 CORINTHIANS 10:31

*Food is
for eating and good
food is to be enjoyed ...
I think food is, actually,
very beautiful in itself.*
.....DELIA SMITH

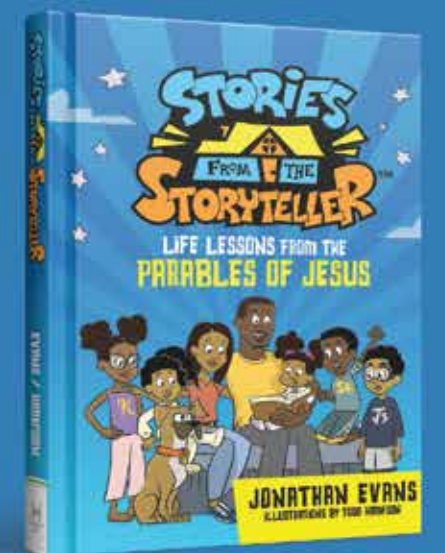
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GALATIANS 6:2 NASB

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