

# SUMMER SERIES:

## Food and Drink



Summer is a great time to experiment in the food arena! You have so many ways to cook outside along with activities to choose from, even when you are staying at home during COVID-19. Whether you are grilling out or making cookies together – preparing can be as fun as eating, as long as you are with family!

- Cooking challenge (like a real-life episode of chopped): Create a cooking challenge for your family, where you create a short list of ingredients (they use 4 in chopped) that must be used in the meal. You could also do a grilled vs. baked challenge. Think cheese and bread for the younger kids or novices, and more advanced ingredients for the older/more experienced cooks. You could also challenge another family on zoom...send the entries to each other to judge? How fun!
- Random cake night: It doesn't have to be anyone's birthday to bake a cake and top it with buttercream frosting to eat. You could pick one kind of cake and try to make it from scratch vs. from a box. You could also do a theme cake night, pick a movie – frozen?, make and decorate the cake, eat the cake and watch frozen! You could also make a cake and take it on over to a neighbors house
- Ice cream social: Create an ice cream bar with options for sundaes, ice cream sandwiches and more. If you are really adventurous, you can make your own ice cream!
- Host a Meatless Monday dinner: ok, this is going to make everyone put on their thinking caps and be super creative. Think about other cultures that have delicious vegetarian options. Maybe you can see who can come up with the option with the most protein!
- Host a tea time: You can go all out, serve on china, make little cucumber sandwiches (cut off the crust into little triangles), serve with fancy music playing, again you can have a theme...
- Host a fun non-alcoholic drink night: Come up with special names for each drink. Have rounds where you make the same drinks for everyone, have each person provide a word to describe each drink...
- Historic recipe hunt: Call a relative and ask her to walk you through a longtime family recipe. Then make it. Call the relative back through zoom so you can thank her and ask them to tell you a favorite memory around the recipe.
- Try something new-order in! Each family member can pick from a place no one has tried before. Then order from the restaurant. Each time you host this event, the host needs to tell some history of the dish or country where the item is from.

To access entire article for summer series, [click here](#).