



Pap and Beans

Pap and Beans at Deep Cove Elementary School:

How to feed a school of 400 students and have fun doing it Pap and Beans

On February 24th a committed group of about 20 volunteers gathered to deliver bowls of Pap and Beans to each classroom at Deep Cove Elementary(DCE). The volunteers were drawn from both St. John’s United Church and parents of DCE children. This is our third annual school wide lunch used to raise the profile of our twinning with Motati Primary School in Lesotho. The twinning is a joint venture of the school, our church and the Deep Cove community.

Pap is a corn-meal porridge like substance – bland on its own but with mixed beans (lima, pinto, black eyed, kidney) and some stewed tomatoes, its good. Students were asking for seconds and for the recipe, so they could make it at home. Remarkably the whole meal cost only about \$60 in supplies.



Pap and Beans Volunteers gather at St. John’s



Janet Silman and Joyce Scott – ready to serve



The Pap and Beans procession from church to school