

Mealy Meal from THE HUNGER SEASON

One option for “town hall” screenings is to find a space that will allow access to a kitchen so you can offer your audiences cooked hominy grits like maize or mealy meal (grown and milled in Wisconsin, USA and featured in the film) as a show of solidarity for the billion hungry in the world. Check local health regulations to make sure you are in compliance – church and synagogue fellowship halls with kitchens are likely venues. Serve the mealy meal in small paper cups.

For “house party” screenings, the mealy meal is especially easy to prepare. We suggest you resist the urge to dress it up, just salt and pepper and perhaps a bit of olive oil or butter.

For either the large public audiences or the house parties, time the mealy meal so you start serving at the beginning of the Q & A.

While the corn product shown in the film is not available for consumers in the U.S. we have found a simple substitute, similar products will be available at your grocery store:

- Quaker Grits: Quick 5 minutes. Ingredients: white hominy grits made from corn; enhanced with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid. Servings: 14 per 18.4 oz box, cost: \$1.25.

(So for an audience of 30 you will need 2 boxes, for audience of 60, four boxes and so on. Serving an audience of 60 will only cost about \$5.)

- Red Mill Organic Polenta Corn Grits. Ingredients: organic corn. Servings: 20 per 24 oz bag, cost: \$4.99. Increase serving numbers similar to above.

Directions for 4 servings are same for both: Bring 3 cups of water to boil, add 1 cup of grits and reduce heat, cook slowly for 5 minutes, stirring occasionally, remove from heat and let stand for 2 minutes. For servings of 16, use 12 cups of water; for servings of 20, use 15 cups of water and so on.