

FAMILY RESOURCES

SELL-BY DATE

THE GOSPEL READING FOR THIS WEEK IS: Bread of life (John 6: 24-35)

Core extract from the Gospel (John 6: 27, 33-35; for reflection throughout the week)

Jesus said, 'Do not work for the food that perishes,
but for the food that endures for eternal life,
which the Son of Man will give you.

For the bread of God
is that which comes down from heaven
and gives life to the world.'

They said to him,
'Sir, give us this bread always.'

Jesus said to them,
'I am the bread of life.

Whoever comes to me will never be hungry,
and whoever believes in me will never be thirsty.'

Gospel prayer (for use throughout the week)

Lord Jesus Christ,
you taught your people
to work for the things that last.
Give us grace to follow your teaching,
that we may share with you
the things that really matter;
for you are the Bread of Life.
Amen.

Education Team | Liverpool Cathedral, St James' Road, Liverpool L1 7BY | **0151 702 7210**
education@liverpoolcathedral.org.uk | **www.liverpoolcathedral.org.uk**

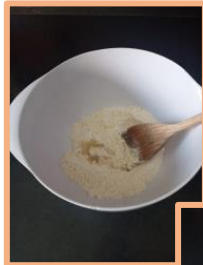
Things to think about

- Have you ever eaten food that has gone beyond its sell by date?
- What is the difference between a sell by date and a best before date?
- How can we keep food fresher for longer?

Things to do

- Look through your kitchen cupboards and look at the dates on some tins and packets. What is the oldest date you can find?
- Donate some food to a food bank or community market, they are always keen to have tinned and dried goods
- Everlasting food.

You will need: 8 tbsp plain flour, 2 tbsp salt, 60ml warm water, 1 tbsp vegetable oil, paint, pva glue or varnish.



Mix the flour and salt in a bowl and then gradually add the oil and water.

Mix with a wooden spoon until it begins to form a doughy mixture.

Knead the dough onto a floured work surface.

Use your imagination to create loaves of bread, cakes, pizzas and other types of food.

You can leave the mixture to harden naturally or you can bake in the oven.

When the dough has hardened, decorate and varnish to help it last even longer.



Why not share your creations with us? We would love to see what you have been up to! Please email any photos to education@liverpoolcathedral.org.uk or tag @LivCathedral on social media.

Education Team | Liverpool Cathedral, St James' Road, Liverpool L1 7BY | **0151 702 7210**
education@liverpoolcathedral.org.uk | www.liverpoolcathedral.org.uk