



Breaking Bread in Alaska

As I sit and reflect on the work being done here in Alaska, I determine where the greatest needs are and where our time can be spent most effectively. One of the needs we recognized upon arriving was access to healthy food options. We heard about the struggles of Alaskans, especially the native people, with health issues, and we wanted to do something to address that need.

One of the significant hurdles for people to eat healthfully is the availability of healthy food options. The stores around here stock what sells, and when there's no demand for more nutritious food options, you won't find them in the stores. We aim to introduce healthy food options that people can use as alternatives to less healthy ones. To learn how to introduce something better will require some observation and seeking God-led information. But sometimes when you have your eyes open, you might have ideas fall right into your lap.

For instance, the other day, a young student missionary from Oklahoma Academy, named Ezekiel, and I flew over to a nearby village with a load of personal items belonging to the missionary couple who had just moved there. They've been ministering in Alaska for many years now and have a sense of how the public reacts to various food items. They have an idea to start a food pantry for those in need, and I got excited because that's a great avenue to expose people to healthy food options. I know from experience that you become more open-minded to trying new foods when you're hungry. My first choice of multiple food options was beans. Still, I was told that beans aren't as popular because of some embarrassing gaseous byproducts of digestion that some people experience. I was informed that peanut butter and jelly sandwiches are very popular, along with bread in general. This we can work with! My favorite food growing up was peanut butter and jelly, and our family has a slight passion for good, real bread. My

wife got a large dough mixer to knead large batches of bread to share and possibly sell here. I sense that God is already putting all the pieces together for a means of reaching people with healthy living!

In the long term, we aim to teach people how to bake bread at home and prepare other healthy foods. We could use the plane to transport nutritious food ingredients and wheat grains for them to make the bread. That way, people can access healthy food at the most affordable cost, and to help keep costs down while still maintaining top-quality flour, because you can't beat freshly milled flour! Whole wheat grains are very shelf-stable when stored in a cool, dry place, unlike whole wheat flour, which is more susceptible to spoilage. The unmilled grains retain their protective outer bran, which prevents spoilage. Once you mill it into flour, you expose the inner parts of the grain to the air, and oxidation begins to occur. You also end up losing valuable nutrients over time. Lord willing, we aim to introduce people to the benefits of using grains and milling their own flours and meals for cooking and baking, thereby significantly increasing their fiber intake and overall nutritional value. Fiber is a significant need here, as fruits and vegetables are harder to come by, and colorectal cancer rates among native Alaskans are the highest in the world.

Please keep these ideas in your prayers as we contemplate how to move forward in this line.

The family is doing well here, making friends and adjusting to their new surroundings. Yosi and the boys are getting familiar with the local homeschooling community, participating in small co-op activities with them, which they enjoy, of course. Our sphere of influence and circle of friends are expanding, and we hope to be a blessing to the community in whatever way we can.

My mother and sister-in-law are currently in Houston, waiting for their physical green cards to arrive. They are visiting family, and we hope to have them with us soon.

Thank you, everyone, again for your prayers and support! Our greetings to you all!

Josh Fix



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**Josh, Yosiday, Isaac and Caleb Fix
are your AWA Missionaries serving at
the Alaska Mission Base.**