**Jewish Value connected to this project:**

*V’ahavta L’reacha Kamocha* - loving your neighbor as yourself

**Facts about Hunger and Food Insecurity:**

- The USDA defines *food insecurity* as “a lack of consistent access to enough food for an active, healthy life.”
- 25% of Baltimore residents live in a food desert.
  - Food deserts are defined as parts of the country where fresh fruit, vegetables, and other healthful whole foods are difficult to find. This is largely due to a lack of grocery stores, farmers’ markets, and healthy food providers.
- Nearly half of Maryland’s hungry are working—people who don’t make enough to provide both healthy food and a safe home for their families.
- 1-in-4 children in Baltimore City’s schools are hungry when arriving to school, having not eaten a full meal since they left school the day before.

**Consider this text:**

> “Whatever I wish for myself, I wish also for my fellow; and whatever I dislike for myself, I should also not want to befall them.”
> – Rambam, Book of Commandments, Positive Commandment #206
> [Translation by Berell Bell. Edited for gender neutrality]

**Discussion Questions:**

- How do you feel when you are hungry?
- What do you think it would be like to be hungry all the time?
- What casserole did you chose to make? Why did you select that recipe?
- What is the difference between donating a homemade casserole vs. something premade from the grocery store freezer section?
- How are you going to help your neighbors next?

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1 [https://hungerandhealth.feedingamerica.org/understand-food-insecurity/](https://hungerandhealth.feedingamerica.org/understand-food-insecurity/)
4 [http://www.vincentbaltimore.org/hunger](http://www.vincentbaltimore.org/hunger)
5 [http://www.vincentbaltimore.org/hunger](http://www.vincentbaltimore.org/hunger)