

## LEARNING RESOURCES:

# SOUP KIT

The soup kit you assembled will be given to individuals or families experiencing food insecurity to ensure that they have a warm and hearty meal.

### Jewish Value connected to this project:

*K'vod HaBriyot* - כבוד הבריות - human dignity

### 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.”<sup>1</sup>
- 25% of Baltimore residents live in a food desert.<sup>2</sup>
  - 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.<sup>3</sup>
- 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.<sup>4</sup>
- 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.<sup>5</sup>

### Consider these texts:

“If a stranger comes and says, “I am hungry. Please give me food,” we are not permitted to check to see if they are honest or not; we must immediately give them food.”

– Maimonides, Mishneh Torah 6:6

“Some say that careful inquiry should be made in regard to beggars who ask for clothing to ensure that they in fact have the needs they claim, but no inquiries should be made in regard to food. Others say that, in regard to clothing, no inquiries should be made either.”

– Leviticus Rabbah 34:14

### Discussion Questions:

- Why do you think these texts distinguish between the need for clothes and the need for food?
  - Do you agree that there is a difference between those needs?
  - Who do you feel obligated to help? What are some other ways you help others?

<sup>1</sup> <https://hungerandhealth.feedingamerica.org/understand-food-insecurity/>

<sup>2</sup> <http://archive.baltimorecity.gov/portals/0/agencies/planning/public%20downloads/Baltimore%20Food%20Environment%20Executive%20Summary%202015.pdf>

<sup>3</sup> <http://americannutritionassociation.org/newsletter/usda-defines-food-deserts>

<sup>4</sup> <http://www.vincentbaltimore.org/hunger>

<sup>5</sup> <http://www.vincentbaltimore.org/hunger>