Consider this:

“When you beat your olive tree, you shall not cut off its fruit after you. To the stranger, to the orphan, and to the widow shall it be.”

-Deuteronomy 24:20

In late January or February, the Jewish community celebrates Tu B’shevat, the Jewish new year of trees. Jewish agricultural laws, including Deuteronomy 24:20, command us that we ensure that vulnerable populations have access to high quality food.

Question:

Why is it important to have a diversity of food in our diets?

Important fact:

“Food insecurity is a measure of the inability to access food. It is not the same idea as hungry or hunger, but they are connected. The U.S. Department of Agriculture estimates that around 11 to 12 percent of households are food insecure. These are individuals who have difficulty accessing meals, have to cut meals, have to share meals or may miss a day or two of a meal in the course of a period of time because they’re not able to afford those meals. Food insecurity is often linked with a number of poor health outcomes such as diabetes and cardiovascular problems. It has also been linked to issues of behavioral challenges at school.” -Professor Norbert Wilson, Professor of Food Policy

Discussion:

Talk about the dish you prepared. How did you decide what ingredients to use?

In what ways does your casserole help solve local food insecurity? In what ways is it deficient?

If you were to accept a casserole made by volunteers, what kind of casserole would you hope to receive?

This year, JVC challenges our community to engage in 100,000 acts of volunteer and leadership service to commemorate 100 years of The Associated. Learn more at jvcbaltimore.org/100K.
SOURCES

1 https://www.sefaria.org/Deuteronomy.24.20?lang=bi&aliyot=0
2 https://www.youtube.com/watch?v=m7DylyQ8lf4