

# FAMILY CONVERSATION GUIDE

## CASSEROLE CHALLENGE



### 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<sup>1</sup>

In late January or February, the Jewish community celebrates Tu B'Shevat the Jewish new year of trees. Jewish farming laws command us that we make sure people in need have food to eat.

### Question:

It is a mitzvah, a commandment, to leave food for people in need.  
Why is it important to make sure that people have enough healthy food to eat?

### Definitions:

**Hunger:** An uncomfortable feeling in your stomach that is caused by a need for food.<sup>2</sup>

**Food Insecurity:** Not being able to get the food you need because of local food options, struggle to afford healthy food, a lack of time to prepare healthy food, or other reasons.

Many people in Baltimore experience hunger and food insecurity. People who experience food insecurity often cannot afford or access the types of fruits and vegetables required to have a healthy diet. Foods like fruits and vegetables often cost more than prepared and processed food. Lack of healthy food can result in people getting sick more often.

### Discussion:

What are some examples of food that is healthy?

What are some examples of foods that should only be eaten once in a while?

In what ways might this casserole help support a person who is experiencing food insecurity?

What other steps could be taken to support this person experiencing food insecurity?

**100,000**  
- Acts of Service  
SERVE TODAY AND TOMORROW

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](http://jvcbaltimore.org/100K).

Center for Jewish Education and Jewish Volunteer Connection are agencies of The Associated



## SOURCES

<sup>1</sup> <https://www.sefaria.org/Deuteronomy.24.20?lang=bi&aliyot=0>

<sup>2</sup> Merriam-Webster Dictionary